

722  
The good Huswiues hand-  
maid, for Cookerie in her Kitchin  
in dressing all maner of meat, with  
other wholsom diet, for her &  
her household, &c.

To boile mutton with mallowes  
or turneps.

**T**ake a necke of Mutton, cut it in ribbes,  
and put it in a pot, and a good quantitie  
of beefe broth, and make it boyle: then  
take your Turneps or Mallowes, and  
cut them in peeces, of the bignes of your mut-  
ton, then put into your pot a little pepper, and  
so let them steele till they be verie tender, then  
take them of and serue them vpon sops.

To boyle mutton with Spinage.

**T**ake your necke of mutton and cutte it  
in peeces, and put it into a faire Potte,  
and a good quantitie of mutton broth,  
and make it boyle: then take Sweete Marrow,  
and cut it of the bignes of your finger, and of  
the length, and put it in your pot, and let it steale  
peeces: then take three good handfulls of Spin-  
nage, wash it verie cleane, and wring the  
water from it, and cut it small, and put it in.

MUSEVM  
BRITAN

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to the pot, and a litle pepper and salt, look that you haue no moze broth then will couer your meat: so let it stewe verie softly till it bee tender, then serue it vpon sops.

To boyle mutton with Carrets.

**T**ake a breast or necke of Mutton, cut it of the bignes of your thombe, and put it into an earthen pottle with faire water, and make it seeth: Then take Carret rootes, and scrape them cleane, and cutte them of the bygnesse of your Mutton, and let them seeth, then put in halfe a handfull of Stripped Tymie, as much of Hauozie and ysope, and a litle salte and Pepper: Let them seeth till your Mutton and roots be verie tender then serue them vpon sops.

To boyle mutton with Coleworts.

**T**ake a necke of fat Mutton, and cut your ribbes, and boyle them vpon a girdy-on till they bee halfe enough, then put them in a faire earthen pot, and a good quantitie of beefe broth and make them boyle: Then take two handfull of Colewortes, and wash them cleane, and beate them in peeces, and put them to your Mutton, and a ladle full of the fatte or beefe broth, and a litle Pepper and salt, and so let them stewe till they be verie tender, and put them vpon Soppes,  
put



of Cookerie.

put no salt in till the meate be readie to be taken vp.

To boyle a legge of mutton with  
a pudding.

**F**irst, with a knife raise the skin round about till you come to the iointes, and when you haue perboyled the meate, shred it fine with suet or Marie, Parsley, Marigam, and Peniroyall: then season it with Pepper and salte, cloues, Mace, and Cinamon, and take the yolke of nine or tenne egges, and mingle with your meate a good handful of Currans, and a few minced Dates, and put the meat into the skinne of the leg of Mutton, and close it with prickes, and so boyle it with the Broth that you boyle a capon, and let it seeth the space of two houres.

To boyle a leg of mutton with  
Lemmons.

**V**hen your Mutton is halfe boyled, take it vp, cut it in small pces: put it into a pipkin, and couer it close, & put thereto the best of the broth, as muche as shall couer your mutton, your Lemmons being sliced verie thin, and quartered, and Currans, put in pepper grosse beaten, and so let them boyle together, and when they bee well boyled, season it with a litle Mergious, sugar,

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pepper grosse beaten, and a litle Saunders, to lay it in fine dishes vpon soppes. It will make three messe for the table.

To boyle mutton with Endiue, Borage, or Lettice, or any kinde of hearbes that may serue thereunto.

**W**hen your mutton is well boyled, take the best of the broth, and put it in a pipkin: and put thereto an handfull of endiue, borage, or what herbes you list, and cast therto a few currans, and let them boyle well, and put thereto a peece of vpper crust of white bread, season it with pepper grosse beaten, and a litle bergious, and a litle Sugar, and so poure it vpon your meat.

To boile mutton for a sicke bodie.

**P**ut your Mutton into a pipkin, seeth it, and scum it cleane, and put therto a crust of bread, fenell roots parslly rootes, currans great raisons (the stones taken out) and hearbs, according as the pacient is. If they bee cold, hot hearbes may be bozne: if they be hot, cold hearbs be best, as Endiue, Cinamon, Violet leaves, and some Dozell: let them boile together. Then put in Prunes, and a verie litle salt. This is broth for a sick bodie.

To make balles of mutton.

Take



**T**ake your Button & mince it very fine with suet. Then season it with sugar stammon, Ginger, cloues and mace, Salt and rawe egges, make it in round balles. Let your broth seeth ere you put them in. Make your broth with Currans, Dates quartered, whole mace and Salt. Thicke it with yolks of Egges, and Mergious, and serue it vppon sops.

To boyle a Capon with Orenge after  
Mistres Duffields way.

**T**ake a Capon and boyle it with beale, or with a marie bone, or what your fancy is. Then take a good quantitie of that broth, and put it in an earthen pot by it selfe, and put thereto a good handfull of Currans, and as manie Prunes, and a few whole maces, and some Maris, and put to this broth a good quantitie of white Wine or of Clarret, and so let them seeth softlve together: Then take your Orenge, and with a knife scrape of all the filthinesse of the outside of them. Then cut them in the midst, and wyng out the iuyce of three or foure of them, put the iuyce into your broth with the rest of your stuffe, then slice your Orenge thynne, and haue vpon the fire readie a skillet of faire seething water, and put your sliced Orenge into the  
water

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water, & when that water is bitter, haue moze readie, and so change them still as long as you can finde the great bitternesse in the water, which will be sixe or seauen times, or moze, if you finde need: then take them from the water, and let that runne cleane from them: then put close Oranges into your potte with your broth, and so let them steewe together till your Capon bee readie. Then make your sops with this broth, and cast on a little Sinamon, Ginger, and Sugar, and vpon this lay your Capon, and some of your Oranges vpon it, and some of your Marie, and towarde the ende of the boyling of your broth, put in a little Vergious, if you thinke best.

To boyle a Capon in white broth.

**B**oyle your Capon in faire liquoz, and couer it to keep it white, but you must boile no other meate with it, take the best of the broth, and as much Vergious as of the broth, if your vergious be not too sowze, & put thereto whole Mace, whole pepper and a good hand full of Endiue, Lettuce or Borage, whether of them ye will, small Raisons, Dates, marow of marow bones, a little sticke of Sinamon, the peeke of an Orange: then put in a good peece of Sugar, and boile them well together: then take two or thre yolkes of egges sodden, and

Graine



Strain them and thicke it withal, and boile your  
prunes by themselves, and lay vpon your Ca-  
pon: poure your broth vpon your capon.

Thus may you boyle any thing in white  
broth.

An other way to boyle a capon in  
white broth.

**T**ake marrow bones, breake them, and boile  
them and take out the Marrowe. Then  
seeth your capon in the same liquour. Then  
take the best of the liquour in a small pottle to  
make your broth withall, then take Curr-  
rans, Dates, and Prunes, and boile them in  
a pottle by themselves, till they bee plum, then  
take them vp, and put them into your broth,  
then put whole Mace to them, and a good  
quantitie of beaten Ginger, and some Salte.  
Then put the Marrowe that you did take  
from the bones, and straine the yolkes of Eggs  
with Vineger, and put them into your Broth,  
with a good peece of Sugar, but after this it  
must not boile: then take bread, and cut there-  
of thin sippets, and lay them in the bottome of  
a dish then take sugar, and scrape it about the  
sides of the dish, and lay thereon your Capon,  
and the fruit vpon it, and so serue it in.

To boile a Capon in brewes.

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**Y**ou must boyle your Capon with fatte meat, then take the best of the broth, and put it in a pipkin, and put whole mace to it, whole Pepper, some red Currans, halfe as much white Wine as you haue of broth, good stoze of marrowe and Dates, and scum them cleane, and keep your liquoz verie clear, and season it with vergius and Sugar, and then lay your Capon vpon browes finely cut, and so poure your broth vpon it.

To boyle a Capon with Orenge  
or Lemmons.

**T**ake your Capon and boyle him tender, and take a little of the broth whē it is boyled, and put it into a Pipkin, with Mace and Sugar a good deale, and pare thre Orenge and pill them, and put them in your Pipkin, and boyle them a little among your broth, and thicken it with wine and yolks of egges, and Sugar a good deale, and salt but a little, and set your broth no more on the fire, for quailing, and serue it in without sippets.

To make Sops for a Capon.

**T**ake tostes of bread, Butter, Claret wine, and slices of Orenge, and lay them vpon the tostes, and Sinamon, Sugar, and Ginger.

To



To make Sops for Chickens.

**F**irst take Butter, and melt it vpon a chafin dish with coales, and laye in the dish thinne tostes of breade, and make Sorell sauce with Vergus and Gooseberries, seeth them with a little Vergus and lay them vpon.

To boyle a Mallard with cabage.

**T**ake the Cabage and pick them cleane, and wash them, and perboile them in faire water: then put them in a Colender, and let the water runne from them, then put them in a faire pot, and as much beefe broth as will couer them, and the Marie of three Mary bones whole. Then take a Mallard, and with your knife, giue him a launce along vpon each side of the breast. Then take him of, and put him into your Cabage, and his dripping with him, for he must be roasted halfe enough, and his dripping saued, and so let him steeve the space of one hower. Then put in some pepper and a little salt, & serue in your Mallard vpon sopps, and the Cabage about him, and of the vppermost of the broth.

To boile a mallard with Onions.

**T**ake a Mallard, rost him halfe enough, and saue the dripping, then put him into a faire pot,

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pot and his graue with him, and put into his bellie fire oz seven whole Onions and a spoon full of whole pepper, and as much abroad in your pot, put to it as much Mutton broth oz beefe broth as will couer the Mallarde, and halfe a dish of swete butter, two spoonefulls of Vergus, and let them boile the space of an houre. Then put in some salt, and take off the pot, and laie the Mallard vpon soppes, and the Onions about him, and powze the vppermost of the broth vpon them.

### To boy'e a Ducke.

Seth the Ducke with some good Harrow bones, oz Mutton, and take the best of the broth, and put therein a few Cloues, a good manie sliced Onions, and let them boile well together till the Onions bee tender, and then season your broth with Vergus and a litle bruised pepper: Take vp your Ducke and laie it vpon sops, and giue it two slices vpon the brest, and sticke it full of Cloues, and powze the broth vpon it.

### To boyle Stockdoues.

Seth them with beefe oz mutton. Take the best of the broth, and put in a pipkin, and put thereunto Onions finely minced and a few Currans and so boile them till they be verie tender, and season the, with vergious



gious and a litle sweet butter, and rowze them  
vpon your Stockdours, when they be laid vpon  
on your sops.

To boyle a Conie with a pudding  
in his bellie.

**T**Ake your Conie and flea him, & leane on  
the eares, and wash it faire and take gra-  
ted bread, sweet suet minced fine, Currans,  
and some fine hearbes, Penitroiall, winter sa-  
uerie, Parslie, Spinnage or Beetes, sweete  
Marigolam, and chop your hearbes fine, and  
season it with Clones, Spice and Sugar, and  
a litle Creame, and salt, and yolkes of Egges,  
and Dates minced fine. Then mingle al your  
stuff together, and put it into your rabbits  
bellie, and sowe it vp with a thred. For the  
broth, take Mutton broth, when it is boyled  
a litle, and put it in, then put in Goose berries  
or els Grapes, Currans, and sweete Butter,  
Vergious, salte, grated bread, and Sugar a li-  
tle, and when it is boyled, lay it in a dish with  
sops, and so serue it in.

To boyle Chickens or Capons.

**F**irst boyle them in faire water till they  
be tender: then take bread and steepe it in  
the broth of them, and with the yolkes of  
foure or fve Egges, and Vergious or white  
Wine, straine it, and there with season your  
broth

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broth and your Capon in it. Then take Butter, Parslie, and other small hearbs, and chop them into it. And so serue them forth vppon soppes of bread.

To boyle Chickins with a Cawdle.

**T**Ake your chickens whē they are fair scaled, and trussed and stuffed with Parselie in their bellies, and put them in a pottle with faire water and a little salt, and put to them twentie Pzunes, halfe a handfull of Cozrans and Raisons, and let them boyle altogether till your Chickens be tender, then take five yolkes, and a pinte of Vinegar, and straine them together, and put thereto a quarterne of Sugar, or as yee thinke meete, and so let it boyle, but ye must stirre it still, els it wil curd: and when it boyleth, take it from the fire: then take your chickens, and put them in a colender, that the broth may goe cleane away, and so put your chickens and the fruite into the cawdell, and make soppes, and lay on your chickens and the fruite, and poluze on the cawdell.

To seeth chickens in Lettice.

**T**Ake a necke of Gutton with a Marrowe bone, and so let it seeth and scumme it cleane, and let it boyle well together, and when it is enough, then take out some of it, and straine it,



it, and put in your chickens: then take a good many Lettuce, and wash them cleane and put them in. Then take a litle white bzeade and straine it, and put it into the pot to thicke it withall. Then put a litle whole mace to season it, with Pepper and Vergus, and a litle Sugar, and cut Sops, and lay them on, and put on the marrow, and so serue them.

How to boile chickens with hearbs.

Take your Chickens and scalde them, and trusse the wings on, and put their foete vnder the wings of your chickens, and set them on in a litle pot and scumme them faire, when they haue boiled, put in Spinnage or Lettuce a good deale, and Rosemary, sweete Butter, Vergus, salt, and a litle Sugar, and strayned Bzead with a litle wine, and cut sippets and serue it out. So may you boile mutton, or Pigeons or Conie.

How to seeth Hennes and Capons in Winter in white broth.

Take a necke of mutton and a marrowe bone, and let them boile with the Vens together, then take Carret rootes and put them into the potte, and then straine a litle bzead to thicke the pot with all and not too thicke: season it with Pepper and Vergus, and then couer them close, and then let them  
B
boile

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boile together, then cut sops and put the broth and the marrow about, and so serue them.

To boyle Calues feet or Lambs feet,

**T**ake your Calues feet after they be scalded, cut them in the midst, and put them in an earthen pot, & put to them mutton broth as much as wil couer them then take a litle Spinnage and Lettice, and a litle stripped Lime, and put it in your pot, and a dishe of sweet butter, and a litle salt, and let them boyle till they be verie tender: and when ye be readie to serue them sooth, take the yolkes of three Egges, and almost a pinte of Ale, and stirre them well together, and take your pot from the fire seething, and put in your Ale and egges, and stirre it well, and serue them in vpon sops.

How to boile a tripe.

**T**ake a Tripe and cut it in peeces, of the breadth and length of your finger, and put them in an earthen pot, & put thereto as much Mutton broth as will couer them, a litle Lettice, Spinnage, a litle salt and Ale, so let them stew softly til they be verie tender, & when ye will serue them in, cast on a litle Pepper, and serue them on sops.

To



To boyle tripes, pigs petietots or  
Neates feet.

**T**ake your Peats fæts, tripes, or petitoes,  
and cut them in small pæces, and boile  
them with butter, Sinamon, Currans, and a  
litle vintgar, and serue them in vpon sops.

How to boyle pigs petitoes ano-  
ther way.

**B**oyle them in a pint of Bastard, and put  
thereto four Dates minced, with a few  
Currans and a litle Time, chop the time  
small, so let it boile, till it be wel: season your  
pot with Sinamon, Ginger, salt, and a litle  
Mergious.

To boyle Chickens after the French  
fashion.

**Q**uarter the Chickens in foure pæces:  
then take after the rate of a pinte of  
wine for two Chickens: then take  
time & parfly as small minced as ye can, and  
foure or five Dates, with the yolkes of foure  
hard Egges, and let this boile together, and  
when you will season your pot, put in salt, Si-  
namon and Ginger, and serue it forth.

To boile tripes after the French  
fashion.

**T**ake a Tripe, and a few Onions, mince  
them small together, and boyle them to-

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gether, and season your pot with a little Pepper, Minigre and salt, and so serue them.

How to make long worts.

**T**Ake a good quantitie of Colewortes and seeth them in water whole a good while, then take the fattest of powdered beefe broth, and put to the wortes, and let them seeth a good while after: then put them in a platter and lay your poudzed beefe vpon it.

Triped mutton.

**T**Ake a paunche of a Sheepe faire scowzed, cast it in a pot of boyling water, and scum it cleane and take vp the fat. Then take it and cut it in small peeces of the breadth of two pence, and put it in a potts of stronge broth of Beefe or mutton, take Parslie blades minced and put to it, and let it seeth. Then put in powder of Ginger, a litle Vergious, Saffron and salt, and let them boile together till it bee enough, so serue it forth.

How to boyle a Lambs head and purtenance.

**S**train your broth into a pipkin, and set it on the fire, and put in butter, and scum it as cleane as you can, and put in your meate, and put in Endiue, and cut it a litle and straine a litle yeast, and put into it, and Currans, and Pzunes, and put in all manner  
of



of spices, and so serue it vpon sops.

How to boile Quailes.

**F**irst put the into a pot with sweete broth and set them on the fire: then take a Carret roote, and cut him in peeces, and put into the pot: then take parsely with sweet hearbs, and chop them a little, and put them into the pot: then take Sinamon, ginger, nutmegs and pepper, and put in a litle bergious, and so season it with salt, serue them vpon sops and garnish them with fruite.

How to smere a Conie.

**T**Ake the Liuers and boyle them, and chop it, and sweet hearbs, apples, and the yolkes of hard Egges, and chop them altogether, and Currans, Sugar, Sinamon, Ginger, and parsley, and fill the Conie ful here of, then put her into the sweet broth, and put in sweet butter, then chop the yolkes of hard Egges, Sinamon, Ginger, sugar, and cast it on the conie when you serue it vp, season it with salte, serue it on sops, and garnish it with fruit.

How to make Hodgepor.

**B**Oyle a necke of Button, or a fat rumpe of Beef, and when it is well boyled, take the best of the broth, and put it into a pipkin, and put a good many Onions to it, two handfull of Parigold flowers, and a handfull

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of Parley fine picked, and grosse shzed, and not too small, and so boyle them in the broth, and thicke it with strained bread, putting therin grosse beaten pepper, and a spooneful of Vinigar: and let it boyle somewhat thicke, and so lay it vpon your meat.

How to make Hodgepot in pots.

**T**Ake a good peece of a leg of Mutton, pare away the skinne from the flesh verie small, and take halfe as much marrowe as you doe flesh, & then put them both into an earthen pot, and put to it halfe a pint of beefe broth, or halfe a pint of Mutton broth that is not salt, and put thereto a Nutmeg beaten, and a litle pepper, two spoonefuls of currans, and twenty pynes and let them steeve softlie vpon a soft fire, and stirre it well together often, or els it will gather together in lumps: and when it hath stued an houre, put into it a spoonful of bergious and serue it vpon sops.

The order to boyle a brawne.

**T**Ake your Brawn, and when you have cut him out, lay him in fayre water foure and twentie houres, and shift it foure or fve tymes, and scrape and bind vp those that you shall thinke good with hempe, and binde one handfull of greene Willowes together, and lay them in the bottome of the pan, and then put



put in your Bawne and scum it verie cleane,  
and let it boyle but softly, and it must bee so  
tender that you may put a straw through it,  
and when it is boyled enough, let it stand and  
coule in the pan, and when you take it vp, let  
it lye in Trapes one houre or two, and then  
make solsing drink with ale and water, and  
salt, and you must make it verie strong, and so  
let it lie a weeke befoze ycu spend it.

How to make a good white broth.

**T**Ake two marrow bones and a Cock, and  
boyle them together in faire water and  
white wine. Then take Parsley, Tyme,  
Spinnage & Lettice, and bind them in a bun-  
dell, and put it in the pot with the water and  
wine, the Cock & marrow bones. Then take  
Pzuncs and currans, & binde them in a cloth,  
and put them in the pottle, and a quantitie of  
whole mace, and binde them in like manner  
by themselves, and put into the pot a peece of  
Butter, and a good quantitie of Sugar.  
When the Cocke and the mary bones be sod-  
den and readie to be serued: Then take from  
them the broth, and straine it verie cleane,  
and put it into another pot. Then take the  
said mace, Pzuncs and currans feyth of the  
clothes & put them into the pot: the take three

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yolkes of Eggs, and Rosewater, and put them into the broth, and boyle it a litle while, fayne and softlie with a litle salt, and so serue it.

How to make Farts of Portingale.

**T**Ake a peece of a leg of Mutton, mince it smal and season it with cloues, Mace pepper and salt, and Dates minced with currans: then roll it into round rolles, and so into little balles, and so boyle them in a litle beefe broth, and so serue them forth.

How to make Fylles of Portingale.

**T**Ake some sweet suet minced small, the yolks of two eggs, with grated bread and currans: temper al these together with a litle saffron, sinamon, ginger, and a litle salt: then seeth them in a litle Bastard or sack a litle while: and whē they haue boyled a litle take it vp, and cast some sugar to it, & so make bals of it as big as tennis balles, & lay foure or fiue in a dish, and powze on some of the broth that they were sodden in, and so serue them.

How to make French pottage.

**T**Ake the ribs of Mutton, chop them small the bones and all, with the flesh in square peeces. Then take Carret roots, and for lack of them, Onions, or both together and if you will, or els hearbes, such as you like: seeth al these together, and when you will serue it in, season



season your pot with a little Synamon, Pepper and salt, and so serue it sooth.

How to make fine pappe.

**T**Ake Milke and flower strain them, and set it ouer the fire till it boyle. Then take it off and let it coole, then take the yolkes of eggs strain them and put it in the milk, and some salt, and set it in the fyre, and stir it till it bee thicke, and let it not boyle fullie. Then put it in a dish abroade, and serue it sooth for good pottage.

A broth for a weake bodie.

**T**Ake a legge of Meele, and set it ouer the fyre in a gallon of water, and scum it clean and when you haue so doone, put in thre quarters of a pounce of currans, halfe a pound of prunes, & a good handfull of Hozage, as much Langdebeefe, as much of Mints, and as much of Harts tong, let all these seeth together till all the strength of the flesh be sodden out: then straine it as cleane as you can. And if ye think the patiēt be in any heat, put in Violet leaues, or Succorie, as ye do with other hearbs.

A good way to powder or barrell beefe.

**T**Ake the beefe and lay it in mere salwe a day & a night. Then take out the beefe and lay it vpon a hurdle, and couer it close with a sheete, and let the hurdle be laid

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said vpon a peuerell or couer to saue the mere  
saue that commeth from it : then seeth the  
bzing, and lay in your Beefe againe, see the  
bzing be colde so let it lye two dayes and one  
night: then take it out, & lay it again on a hur-  
del two or thzee dayes. Then wype it euerie  
peece with linnen cloth, dry them and couch it  
with salt, a laying of Beef and another of salt:  
and ye must lay a stick crosse each way, so that  
the bzing may run from the salt.

How to keep Lard after my Lord  
Ferries way.

**S** Cald your hogge, and euen as you dresse  
your Bacon hogge, so dresse this : then  
lay it in salt, the space of thzee weekes or  
a moneth . Then take it vp, and let it  
hang ther as in maner is no smoke: but when  
ye thinke it waxeth moyst, let it be hanged so  
lowe that the heate of the fire may come to it:  
or els put it in an Ouen when the breade is  
drawne out, and when ye thinke it be wel dri-  
ed, take it out againe til it waxe moyst again,  
and so ye shal keepe it wel enough thzee quar-  
ters of a yeare, and nener take the leane from  
the fat but as ye occupie it.

How to keepe Larde after my Lady We-  
stone Brownes way.

Flea



**F**lea the fat Lard from the flesh, and put in bay salt, ye must cast a good deale vpon it, and euen so salt it, and roule it together round, and so put it in a heap of salt, and when ye will occupie any of it, cut of it as yee need, and lay it in water, and so ye may keepe it as long as ye will.

The keeping of Lard after my Lady  
Marquesse Dorsets way.

**T**ake a fat hog and salt him, and when he is thorough cold, quarter him, and take all the bones and the flesh from the fat: and then take the fat of the said hog, and couch it in fayre dry white salt, and so keepe it two or thre dayes: then change it again into faire drie white salt, euerie thirde or fourth day, and at the fourteen daies end, take faire cold water and white salt and make a verie strong byine, so that your byine be made so strong that it will beare an egge almost cleane aboue the byine, and put it in a faire close vessell: then take the said Lard and lay it in the said byine, so that the byine couer it ouer: so change it into new byine euerie fourteen daies, for the space of sixe weeks, and after that it needeth not to be changed. But the byine may not be made of wel water.

To make Blaminger.

Take

A new booke

**T**Ake a Capon, boyle him in faire water till he be tender, then take the bzaune of him & chop it small, then take Almones, and blanch them, and beat them small, and then put in your chopped capon and beate them together verie small: then a quart of Creame and the whites of ten Eggs, & the crum of a fine Manchet, and your stufte, and mingle them altogether, then strain them, and when it is strained put in a good quantitie of Sugar, and a little salt. Then take a faire pot, and put your stufte in it, and set it to the fire, stirre it, and boyle it as thicke as an Apple moise, when you haue boyled it, lay it in a fair platter til it be colde: then strain it againe with a litle Rose water, and when you serue it in, cast sugar vpon it, & dish it in thre partes.

How to make Blaminger without  
Creame or Eggs.

**T**Ake a capon and almonds, and beat them as before is said: Then take faire hot water, and put into your capon and Almondes: then put the crumme of a Manchet in it, and let it stand and soke, then strain it, and when it is strayned put in your sugar, and boyle it of the thicknes of an apple moise: then let it cool and straine it againe with a little Rose water and so serue it.



*Stewed meates.*

To make stewed broth either for flesh or fish.

**T**ake halfe a handfull of Rosemarie, and as much of Time, and binde it on a bundle with threed after it is washt, and put it in the pot, after that the pot is cleane scummed, and let it boile a while, then cut sops of white bread, and put them in a greete charger, and put on the same scalding broth, & when it is soken enough, straine it through a strainer, with a quantitie of wine or good ale, so that it be not too tart, and when it is strained, poure it in a pot, and then put in your raisins and Prunes, and so let them boyle till the meate be enough. If the broth bee too swete put in the more wine, or else a litle Vinegre.

To make stewed steakes.

**T**ake a brest of Mutton, cutte it in peeces, wash it cleane: then put it in a faire pot: and fill your pot with ale or halfe wine and halfe water, make it seeth and scum it cleane. Then put into your pot a sagot of Time and Rosemarie, and Parslie, and thre or foure Onions cut rounde, take a litle Parsley picked very small, let them boyle altogether. Then take Prunes, smal Raisons, and great Dates, and let them boile altogether: then season your  
pot

### A new booke

pot with these spices. Take Salt and a litle Saffron. Cloues and Pace, Sinamon, Ginger, & a litle Sugar: take a quantitie of these spices, and put them into your pot, & let them stew altogether, and whē they be tender, put a litle Vergious to them, and let them stew againe, then lay soppes of a Panchet vnder them in a platter, at the first yee must put a good Deale of marrow in it.

To stew a capon in white broth.

**T**ake marrow bones with the capon, and seeth them in faire water, put to it a few maces, and thre races of Ginger minced, and salt: and when the Capon is almost sodden, put in a good quantitie of Lettuce, and let them seeth a while. Then serue in the Capon vpon sops, and the hearbs vpon it.

To stew a Capon in Lemmons.

Take and slice your Lemmons, & put them in a platter, and put to them white wine, Rose water, and Sugar, and so boyle them and sugar till they be tender. Then take the best of the broth wherein your Capon is boyled: and put thereto whole mace, whole Pepper, and red Corrans, Barberies, a litle Lime and good store of Marrowe. Let them boyle well together, till the broth bee almost boyled away, that you haue no more than will  
wet



wet your foppes. Then pour your Lemmons  
vpon your Capon, and season your bzoth with  
Vergious and Sugar, and put it also vpon  
your Capon.

To stew Chickens.

Take the best of your mutton bzoth, and put  
thereto a litle whole pepper, and a litle whole  
Pace, Parsly, and Time, and boyle them.  
Then put in halfe a dish of swæt butter. Ver-  
gious, and a peece of Sugar. Then take a  
good quantity of Gooseberies, and boil them,  
by themselves in a litle bzoth, and poure them  
vpon your Chickens: put into your bzoth a  
sponfull of yest.

To stew birdes.

**T**ake small birds faire picked, drawne,  
the legs cut off, frye them in butter or  
suet wel. Then lay them in a faire cloth  
and let the Butter soak all a way: then  
take Onions minsed small, cast them in a pot,  
and take a portion of Sauell, & of wine, draw  
them thzough a strainer, and cast it into the  
pot, with the Onions and birds fryed, with  
Clones, Pace, and a litle Pepper, let all these  
boyle together till it be enough, and put to it  
sugar, powder of Ginger, salt and Saffron,  
and so serue it forth.

To stew Larks or Sparrowes.

Take

### A new booke

Take of your mutton broth the best, and put it in a pipkin, and put to it a litle whole Mace, whole pepper, Claret wine, marigolde leaues, Barberies, Rosewater, bergious, sugar, and Marrow, or else sweet butter: perboile the Larkes befoze, and then boyle them in the same broth, and lay them vpon sops.

An other way to stew Larkes.

**Y**ou must take them & draw them cleane and cut of their feet, & then take a good deal of wine in a platter, and take a good deale of marrow, and put it in the wine. and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a litle Sugar and Synamon, and a few crums of Manchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

Take your mallard and seeth him in fayre water with a good marrowe bone, and in Cabbage wort, or Cabbage Lettice, or both, and some parsnep roots, and Carret roots, and when all these bee well sodden, put in prunes,  
put



put in pꝛunes enough, and thꝛee dates, and season him with salt, cloves, and Mace, and a litle sugar, and pepper, and then serue it out wyth sippets, and put the Marie vpon them, and the whole Mace lay on the sippets, and the dates quartered, and the pꝛunes, and the roots cut in round slices, and lay them vpo the sippets also, and the Cabage leaues lay vpon the mallard.

## To stew a Cocke.

**Y**ou must cut him in six pꝛeces, and wash him clean, and take pꝛunes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, Cinamon, Ginger, and nutmegs likewise beaten, and a litle maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muscadell, and then put your spice and sugar vpon your Cocke, and put in your fruit between euery quarter, and a pꝛece of golde between euery pꝛece of your Cocke, the you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayze come out, nor water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, nor the pot sides and so let them boile four and twenty houres, and fill

### A new booke

TAke of your mutton broth the best, and put it in a pipkin, and put to it a litle whole Mace, whole pepper, Claret wine, marigolde leaues, Barberies, Rose water, bergious, sugar, and Marrow, or else sweet butter: perboill the Larkes before, and then boyle them in the same broth, and lay them vpon sops.

An other way to stew Larkes.

**Y**ou must take them & draw them cleane and cut of their feet, & then take a good deale of wine in a platter, and take a good deale of marrow, and put it in the wine. and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a litle Sugar and Synamon, and a few crums of Marchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

TAke your mallard and seeth him in fayre water with a good marrowe bone, and in Cabbage wort, or Cabbage Lettice, or both, and some parsnep roots, and Carret roots, and when all these bee well sodden, put in pynes,  
put



put in pꝛunes enough, and thꝛee Dates, and season him with salt, cloves, and Spice, and a litle sugar, and pepper, and then serue it out wyth sippets, and put the Marie vpon them, and the whole Spice lay on the sippets, and the Dates quartered, and the pꝛunes, and the roots cut in round slices, and lay them vpo the sippets also, and the Cabage leaues lay vpon the mallard.

## To stew a Cocke.

**Y**ou must cut him in six pꝛeces, and wash him clean, and take pꝛunes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, Cinamon, Ginger, and nutmegs like wise beaten, and a litle maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muscadell, and then put your spice and sugar vpon your Cocke, and put in your fruit between euery quarter, and a pꝛece of golde between euery pꝛece of your Cocke, the you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayze come out, noꝛ water can come in, and then you must fill two brasse pots full of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, noꝛ the pot sides and so let them boile four and twenty houres, and fill

A new booke

vp the pot still as it boiles away, with the  
ther pot that stands by, and when it is boyled  
take out your gold, and let him drinke it fasting  
and it shall help him: this is approued.

How to stew a Neates foote.

**F**irst let your Neates foote be scalded and  
made cleane. Then take Onions, slice  
them and boile them well in faire water.  
Then take half water and halfe wine,  
muche as neede to serue for the boyling of the  
Neates foot, which wil be soone enough & put  
it in a pipkin. Put therein some cleues, and a  
little whole pepper, and take the onions out of  
the water they were sodden in, & put them into  
the same pipkin, & the neats fat with them till  
it be almost enough. Then take a little Merg  
ous, half a dish off sweet butter, and a little su  
gar, and let them boyle a litle together, & serue  
them in vpon sops.

How to make stewed pottage in Lent.

**T**ake a faire pot, and fill it full of water,  
take a saucer full of Oyle Oliue, and put  
it into the pot: the set your pot on the fire  
and let it boyle. Then take parslie rootes, and  
fennel rootes, and scrape them cleane, then cut  
them of the bignesse of a pume, and put them  
into the pot. Take bread, and cut it in sops  
and cast it into a pot of wine: then strain it, and



put it in the pot. Then take rosemary, Thyme, and parsley, and binde them together, and put them into the pot: then take Dates, Prunes, Corrans and great Raisons, and wash them cleane, and put them in the pot. Then season your pot with salt, Cloues, Mace, and a litle sugar. If it be not red enough, take Saunders and colour your pot therewith, looke that your bzoth be thicke enough.

How to stew beefe.

Take beefe and smyte it in peeces, and washe it in faire water, and strain that water and put it in the pottle with the Beefe, and boyle them together. Then take Pepper, Cloues, Mace, Onions, parsley and sage, cast it therto and let it boile together: Then make liquoz with bzead and thicke it: and so let it seethe a good while after that the thicking is in. Then put in Saffron, salt, and vinegar, and so serue it forth. Another way to stew Beefe.

Boil your flank of beef verie tender, til the bzoth bee almost consumed, then put the bzoth into a pipkin, & put to it Onions, carrot roots sliced smal, being tender sodden befoze and pepper grose beaten, bergious, and halfe a dish of sweet butter, and so lay it vpon.

How to make brine to keepe Lard.

Take faire Water and white salte, and all

### A new booke

to stirre them with a staffe a good perty while :  
then lay the lard in it one night and one day to  
soake out the blood of the Lard . When make  
new bzine in like maner, and beat it, until the  
time that the salt is consumed, and then it will  
be clear: that done, put the bzine in a perty tub  
that hath a couer wel fastened, the lay in your  
Lard, and keep it vnder bzine with splints, the  
couer the tub close: and thus ye may keepe the  
Lard white and sweet two or thre yeres, with  
change of Bzine when need shal require.

To make Maunger Blaunch.

Take half a pound of Rice berie clean picked  
and washed, the beat it very fine, and searse  
it through a fine searse, & put the finest of it in  
a quart of moynings milke, & strain it through  
a strainer, and put it in a faire pot, and set it on  
the fire, but it must be but a soft fire, & still stir  
it with a broad stick. And whe it is a litle thick  
take it from the fire, and take the bzaune of a  
berie tender Capon, and pul it in as smal pce  
ces as ye can, and the Capon must be sodden in  
faire water, & the bzaun of it must be pulled  
as small as a horse haire with your fingers, &  
put it into the milke which is but halfe thicke  
ned, and then put in as much sugar, as ye think  
will make it sweet, and put in a dozen spoonfulls  
of good Rosewater, and set it to the fire again  
and



and stir it well, & in the stirring, all to beate it with your stick, from the one side of the pan to the other, and when it is as thicke as pap, take it from the fire, and put it in a fair platter, and whē it is cold, lay three slices in a dish, and cast a litle sugar on it, and so serue it in.

How to sowce a Pigge.

**Y**ou must take white wine, & a litle sweet broth, and halfe a scoze of nutmegs cut in quarters: then take swēte Mar geram, rosemary, baies, and Time, and let them boile all together, scum them very cleane: & when they be boiled, put them in an earthen pan, and the sirrop also, and when ye serue them, a quarter in a dish, and the baies & nutmegs on the top.

### *Baked meates.*

To make paste, and to raise coffins.

**T**ake fine flower, and lay it on a boord, & take a certaine of yolkes of Egges as your quantitie of flower is, then take a certaine of Butter and water, and boile the together, but you must take heed ye put not too many yolks of Egges, for if you doe it will make it dry and not pleasant in eating: and ye must take heed ye put not in too much Butter, for if you doe, it wil make it so fine and so short that you cannot raise: and this paste is good to

A new booke  
raise all maner of Coffins: like wisc if ye bake  
Venison, bake it in the paste aboue named.

To make fine paste another way.  
**T**Ake butter and ale, and seeth them toge-  
ther: then take your flower, and put there  
into thzee eggs, sugar, saffron, and salt.

To make short paste in Lent.  
**T**Ake thicke almond milke seething hot, &  
so wet your flower with it: & sallet oyle  
fried, & saffron, and so migggle your paste  
altogether, and that will make good paste.

How to bake Venison, or mutton, in-  
stead of Venison.

**T**Ake leane venison oz mutton, and take out  
all the sinewes, then chop your flesh verie  
small, and season it with a litle pepper and salt  
and beaten cloues, and a good handful of Fen-  
nel seeds, and mingle them altogether: Then  
take your Lard, and cut it of the bignesse of a  
goose quill, and the length of your finger, and  
put it in a dish of binger, & al so wash it there-  
in: then take meale as it dooth come from the  
mil, and make paste with colde water, and see  
that it be very stiff: then take a sheet, and make  
a laying of the minced flesh vpon the sheet, of y  
breadth that your Lard is of length, then make  
a laying of your Lard vpon your flesh, and let  
your lard be one from another, the breadth  
of



of one of the peeces of the Larbe, and so make foure layings of lard, and three layings of flesh one vpon another, so presse it downe with your hands as hard as you can for breaking y<sup>e</sup> paste and cast in a handfull of pepper and salt, & beat ten cloues, so close vp your paste, & let it bake two houres.

How to make sweet pies of Veale.

**T**Ake veale and perboile it very tender, then chop it small, then take twice as much beefe suet, and chop it small, then mince both them together, then put currans and minced Dates to them, then season your flesh after this manner. Take Pepper, salt, and Saffron, Cloues, Mace, ffinamon, Ginger and Sugar, and season your flesh with each of these a quantitie, and mingle them altogether. This doone take fine flower, butter, eggs, and Saffron, & make your paste withall as fine as you can, & make your pie with it, and when it is made, fill it with your stuffe. Then put vpon your pye, Prunes, Corans, Dates, a little sugar, and yolkes of eggs hard. Then couer your pie and set it on a paper, and set it in the Ouen, and let it bake sokingly, if it be scotcht aboue lay a paper double on it.

How to make Chewets of Veale.

C 4

Take

### A new booke

**T**Ake a leg of beale and perboyl it, the mince it with beefe suet, take almost as much of your suet as of your beale, and take a good quantitie of Ginger, & a litle saffron to colour it: take halfe a goblet of white wine, and two or thre good handfull of grapes, and put them all together with salt, and so put them in Coffins, and let them boyle a quarter of an houre.

How to make chewets another way.

**T**Ake a litle Weale and slice it, and perboyle it, then take it vp & presse it in a faire cloth, and mince it very fine, take Cozans and dates and cut them very small, take some marie or suet, and the yolkes of thre or foure Egges, and pepper, salt, and mace fine beaten, and the crums of bzead fine grated: the mingle al these together, and put in suet enough, and they wil be good pies.

How to make Chewets in Lent.

**T**Ake a fresh Cele and flea it, and cut of the fish from the bone, mince it smal, and pare two or thre wardens, and mince the likewise small, as much of them as of the Cele or Dyfers, and temper them together, and season it with Ginger, Pepper, cloues, Mace and salte, and a litle colour it with Saunders, and put currans and pynes, and minced great raisins and Dates, as you do to the other pies of flesh,

when



when it is halfe baked put them out, and put to it a litle bergious: and if your Belly be not fat put to it a litle Sallet Oyle fried with some sweet flowers or hearbes, if yee put a lyttle Rosewater and salt it is good, but if you haue any fat of fish it is better then oyle.

How to make Oyster chewets.

**T**ake a peck of oysters, & wash the clean. Then shell them, and wash them in a cullender fair and clean, then seeth them in faire water a litle, and when they bee sodden, straine the water from them, & cut them small as pie meat, season them with a litle pepper, a peniworth of cloues and mace, a peniworth of Cinamon and ginger, a peniworth of Sugar, a litle saffron and salt: then take a handfull of Cozane, sixe dates minced small, and mingle them altogether: then make your paste with a quantitie of fine flower, ten yolks of Egges, a quantitie of butter, with a litle Saffron and boyled water, then raise vp your chewets, and put in the bottom of your chewets a litle butter, and cast vpon them Paines, Dates, and currans, so close them and bake them: let not your Ouen be too hot, for they would haue but litle baking, then draine them, and put in euery of them two spoonfulls of bergious and butter, and so serue them in. &c.

To

How to make speciall good pies either  
of mutton or Veale.

**L**et your meat bee perboiled, and mince it  
very fine, and then your suet by it self, and  
after put to the meate, and mince them well  
together, then put thereto five or six yolks of  
eggs being hard sodden and minced, smal Coz-  
rans, Dates fine minced: season it with Sina-  
mon, Ginger, Cloues and Mace, a handfull of  
carduwayes, sugar, and bergious, and some salt  
and a litle pepper, and so put it into your paste,  
whether they be che wets or Trunk pies.

To make paste, and to bake  
chickens.

**T**ake water, and put in a good peece of but-  
ter, and let it seeth as hot as you can blowe  
off your Butter into your flower, and bzeake  
two yolks of Egges, and one white, and put in  
a good peece of Sugar, and colour your paste  
with Saffron, then shal it be shoyt Then take  
your chickens, and season them with Pepper,  
salt, Saffron, and great Raisons, cloues, mace  
Cojans, Prunes, and Dates, then close them  
vp, & make a litle hole in the midst of the lid.  
Then set it in the Duen, and to make sirrop  
for the same pie, take Malmsey, Creame, and  
two yolkes of Egges, and beate them togea-  
ther,



ther, and put in Synameon and Sugar, and when the pie is almost baked, then put in the sirrop, and let them bake together.

To bake chickens in Summer.

**C**ut off their feete, trusse them in the cof-  
fins. Then take for euerie Chicken a good  
handfull of Gooseberries, and put into the pie  
with the Chickens. Then take a good quan-  
tity of butter, and put about euerie chicken in  
the pie. Then take a good quantitie of Sina-  
mon, and ginger, and put it in the pie with salt  
and let them bake an houre, when they be ba-  
ked, take for euerie pie the yolke of an eg, and  
halfe a goblet full of bergious and a good qua-  
ntie of sugar, and put them altogether into the  
pie to the chickens, and so serue them.

To bake chickens in winter.

**C**ut off their feete, and trusse them, and put  
them in the pies, take to euerie pie a cer-  
taine of Coxrans or Prunes, and put them in  
the pie with the Chickens. Then take a good  
quantity of Butter to euerie chicken, and put  
in the pie: then take a good quantity of ginger,  
and salt and season them together, & put them  
in the pie, let it bake the space of an houre & a  
half, when they be baken, take sauce as is afoze  
said, and so serue them in.

To bake Chickens with Damsons.

Take

### A new booke

**T**Ake your Chickens, draw them and wash them, then breake their bones and lay the in a platter, then take foure handfulls of fine flower, and lay it on a faire board, put thereto twelue yolks of Eggs, a dish of butter, and a litle saffron: mingle them altogether, and make your paste there with. Then make sixe coffins, and put in euery coffin a lumpe of butter of the bignesse of a walnut: then season your sixe coffins with one spooneful of cloues & Mace, two spoonefuls of sinamon, and one of Sugar, and a spoonefull of salt. Then put your Chickens into your pies: then take Damsons and pare away the outward peel of them, and put twēty in euery of your pies, round about your chickens, the put into euery of your coffins, a handfull of Currans. Then close them vp, and put them into the Ouen, and let them bee there thye quarters of an houre.

#### How to bake a Turkie.

**T**Ake and cleane your Turkie on the backe, and bzuise all the bones: then season it with salt, and pepper grosse beaten, and put into it good stoze of butter: he must haue five howers baking.

#### How to bake a Fesant.

**T**Kusse him like a hen, and perboill him, then set him with cloues, then take a litle bergamot  
ong



ous and saffron, and colour it with a feather, then take salt, Mace and Ginger to season it, and so put it in the paste, and bake it till it be half enough. Then put in a litle bergious and the yolke of an eg beaten together: then bake it till it be enough.

To bake a Capon instead of a Feasant.

**C**ut off his legs and his wings, & after the maner of a Feasant trusse him short, then perboile him a litle, and Lard him with sweet lard: so put him into the coffin, and take a litle pepper and salt and cast about him. And take a good halfe dish of butter & put into the coffin, so let him bake the space of foure houres and serue it forth cold in stead of a Feasant. So likewise bake a Feasant.

How to bake Red Deare.

**Y**ou must take a handfull of fennel, a handfull of winter sauozie, a handfull of Rosemarie, a handfull of Tyme, and a handfull of Bate leaues, and when your liquour seeths that you perboile your venison in, put in your herbs also, and perboile your venison til it be half enough, the take it out, & lay it vpon a fair boord that the water may run fro it, then take a knife and prick it ful of holes, and while it is warm, haue a faire tray with vineger therein, and so put your venison therein from morning

### A new booke

ning vntil night, and euer now and then turne it vpside downe, & then at night haue your coffin readie, and this done, season it with Sinnamon, Nutmegs and Ginger, Pepper and salt, and when you haue seasoned it, put it into your coffin, and put a good quantity of sweete Butter into it, & then put it into the Oven at night when you go to bed, and in the morning drawe it forth, and put in a saucer full of Vinegar into your pie at a hole aboue in the top of it, so that the vinegar may run into euerie place of it, and then stop the hole againe, and turne the bottome vpward, and so serue it in.

### How to bake Venison.

**P**erboile your Venison, then season it with Pepper and salt, some what grosse beaten, and a litle Ginger, and good stoe of sweete butter. And when the Venison is tender baked: put to it halfe a dozen spoonfulls of Claret wine, and shake it well together.

### How to bake a Crane or a bustard.

**P**erboile him a litle, then Lard him with sweet lard, and put him in the coffin. Take Pepper and salt, a good quantity, and season them together and cast vpon it. Then take Butter, and put in the coffin, let it bake three houres.

### How to bake a Mallard.



**F**irst trusse them, and perboile them, and put them into the coffin: then season them with pepper and salt, and four oz fine Onions peeled and sliced, and put the altogether, with a good peece of swete butter vnto the Mallard and so let them bake two houres, & when they be baked, put in halfe a goblet of Vergicor: for euerie Mallard, and so serue them.

How to bake a wilde boare.

**T**Ake thre partes of water, & the fourth part of white wine, and put thereto salt as much as shal season it, & let it boile so til it be almost enough: the take it out of the broth, and let it lie til it be thorough colde: Then Lard it, and lay it in course paste, in pasties, and then season it with pepper, salt, and ginger, & put in twice so much ginger as pepper. And when it is half baked, fil your pasties with white wine, and all to shake the pastie, & so put it into the Ouen again, til it be enough: Then let it stand five oz six daies, oz euer that you eat of them, and that time it will be very good meate.

How to bake wilde Duckes.

**D**resse the faire, & perboil the, then season them w pepper & salt, a few whole cloues amongst them, and Onions smal minced, and swete butter, Vergicous, and a litle Sugar.

To

A new booke  
To bake calves feete.

**T**Ake Calves feet and seeth them tender, pul off the haire, then slit them, and make your paste fine, & when you haue made your coffin, befoze you put in your feet, take good Raisons and mince them smal, and plucke out the kernels, and strewe them in the bottome of your pie: then season your feete with Pepper, salt, cloues and mace, the lay in the feet, and strewe currans on them, and Sugar and a good peece of butter in it, and close it vp, and make a litle hole in the lid, and when it is almost baked enough, put in a nasse of Mergious, and so serue them.

To bake Calves feete after the French  
fashion.

**T**Ake the feet, pul off al the haire. and make them cleane, and boile them a litle til they be somewhat tender, then make your paste, and season your calves feet with pepper, salt and Sinamon, and put them in your paste, with a quantity of Sweet Butter, Parslie and Onions among them, so close it vp, and set it into the Ouen till they be halfe baken. Then take them forth, and open the crowne, and put in moze butter & some Vineger, so let them stand in the Ouen til they be thzoughly baked.

For to bake a Pigge.

Flou



**F**lea your Pigge, and take our all that is within his bellie clean, & wash him well, and after perboile him, the season it with pepper, Salt, Nutmegs, Mace and cloues, and so lay him with good stoze of butter in the paste: Then set it in the Ouen till it be baked enough.

To bake a Pig like a Fawne.

**T**ake him when he is in the haire, and flea him the season it with pepper & salt, cloues and Mace: then take claret wine, Mergisus, Rosewater, sugar, Sinamon, and ginger, and boyle them altogether: then lay your Pigge flat like a Fawne or a Kid, and put your Sirrop vnto it, with a litle sweet Butter, and so bake it leysurely.

How to bake a Neats tong.

**S**eth the tong halfe enough, and blanch it and cut it in two, then scorche it, and season it with pepper and salt, and put it in a coffin and a good quantitie of Barrow with it, and when it is almost baken, put in some red wine and sugar.

How to bake an Hare.

**T**ake your hare and perboile him, and mince him, and then beat him in a mortar very fine liuer and al, if you will, and season it with all kind of spices and salt, and doe him together  
D
with

A new booke

with the yolkes of seauen or eight egges, and  
whē ye haue made him vp together, draw lard  
verie thick through him, and mingle them all  
togither, and put him in a pie, and put in butter  
befoze ye close him vp.

For to bake a Gammon of Bacon.

**B**oile your gammon of Bacon, and stufte it  
with parsley and sage, and yolkes of hard  
eggs and when it is boiled, stufte it and let  
it boyle againe, season it with Pepper, Cloues  
and mace, sticke whole Cloues fast in it: Then  
lay it so in your paste with salt butter, and so  
bake it.

To make a rare conceite, with  
Veale baked.

**T**ake veale and smite it in litle pēces, and  
seeth it in faire water, then take parsley,  
Sage, T sop and Sauozie, and shred them  
small, and put them in the pot when it boileth.  
Take powder of Pepper, canel, mace, saffron  
and salt, and let all these boyle together till it  
be enough. Then take vp the fleshe from the  
broth, and let the broth coole, when it is colde,  
take the yolks of egges with the whites, and  
straine them, and put them into the broth, so  
manie til the broth be thicke enough, then make  
faire coffins, and reuch threē pēces or foure in  
one coffin of the Veale: and take Dates min



## Of Cookery.

sed and prunes, powder of pepper, Ginger and bergious, and put it to the broth. Then put the liquoz in the coffins, like as ye do with a custard, and bake it till it be enough, and so serue it forth.

To make a florentine.

**T**Ake Meale, & some of the Kidney of the loyne, or cold Meale roasted, cold capon or feasant, which of them you will, and minse it verie smal, with sweet Suet, put vnto it two or thre yolkes of Egges, being hard sodde, Cozans and Dates smal thred. Season it with a litle Sinamon and ginger. a very litle Cloues and Mace, with a litle salt and sugar, and a litle Aime finely thred. Make your paste fine with butter and yolks of eggs, and sugar, rolle it very thin, and so lay it in a platter with butter vnderneath, and so cut your couer and lay it vpon it.

To make a pie to keep long.

**Y**ou must first perboile your flesh & presse it, & when it is pressed, season it with pepper and salt whilest it is hot, then lard it, make your paste of rie flower, it must be very thick, or else it wil not holde, when it is seasoned & larded, lay it in your pie, then cast on it befoze you close it, a good deale of cloues and Mace beaten small, and lay vpon that a good

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deale of Butter, and so close it vp: but you must leaue a hole in the top of the lid, & when it hath stood two houres in the Duen, you must fill it as full of vinigar as you can, and then stop the hole as close as you can with paste, and then set it into the Duen again: your Duen must be verie hot at the first, and then your pies will keep a great while: the longer you keep them the better wil they be: and when ye haue taken them out of the ouen, and that they be almost cold, you must shake them betwene your hands, and set them with the bottom vppward, and when you set them into the Duen, be well ware that one pie touch not another by more than ones hand bredth: Remember also to let them stand in the Duen after the Vinegar be in, two houres and more.

### To bake small meats.

Take Egges and seeth them hard, then take the yolkes out of them and bzaie them in a Morter, and temper them with Creame, and then strain them, & put to them pepper, saffron, cloues, mace, smal raisons, almonds blanchet & smal shred, & grated bread: take Peares also sodden in ale, & bray & strain the with the same liquoz, and put therto bastard and honey, & put it in a pan and stirre it on the fire till it be well sodden. Then make litle coffins and set them



in the Duen until they bee hard, and then you must take them out again, and put the foresaid liquoz into them, and so serue them forth.

How to make a pie in Lent.

**T**Ake Celes and flea them, and cut them from the bone, take Wardens and Figs, & mince them together, and put to them Cloues and mace, pepper, salt, and Saffron, and season all these together, and mingle it with great and small Raisons, Pzunes and Dates, cut it in small peeces, and so put it into the coffin, and let it bake halfe an houre.

How to make a Custard in Lent.

**T**Ake halfe a pound of almonds, blanch them and beate them in a morter. Then take a quart of fair water, warm it luke warme, and strayne your liquour with the almonds. Then take a peece of the spawn of a Pike, of a Carp or a Koch, and beat it in a morter, then straine it into your almonds: for lacke of spawne yee may take two spoonfuls of the flower of Rice, and put it into your almonds. Then take Sugar, cloues, Maces, Saffron and salt, and season your liquoz therewith, euē as ye would season a custard of creame, then take three handfull of fine flower, and almost a pint of fair water boyling hot, and a litle Saffron, and make your paste therewith. Then make your custard

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and when it is made, put small Raisons and Dates in the bottome of your Custarde, as you do vnto a custard of creamie.

To bake Oysters shels and all.

**T**Ake the best Oysters faire shaled, and the fairest & smoothest shels, wash a good manie, and to make them smooth, rub one shel against another, and when they are very clean make your pie: and then let your graue run through a strayner of your Oysters and wash your oysters very clean, and season them with Pepper and salt. Then take out of the deepest shelles, and put into them three Oysters and three cloues, and a litle peece of butter, and lay a flat shell vpon that, and thus set your pie with the shels and the Oysters in them till they be full, and in boyde places put in a peece of Butter: then close your pie, and set it into the Duen and when it hath stood there half an hour draw your pie, and then put in a sawcer full of your graue. Then put the pie into the Duen againe, and so let it stand one other halfe hower, and then serue it forth.

To bake Peares, quinces, and wardenis.

**Y**ou must take and pare them, and then coare them: then make your paste with faire water and Butter, and the yolke of an Egge, and sette your Dzeniges in  
to



to the paste, and then bake it well: Then fill your paste almost full with Cinamon, Ginger and Sugar: also apples must be taken after the same sort, saving that whereas the coze should be cut out they must be filled with butter euerie one: the hardest apples are best, and likewise are Peares and Wardens, and none of them all but the Wardens may be perboiled, and the ouen must be of a temperate heat, two houres to stand is enough.

To bake quince pies.

**P**are them and take out all the Coze: then perboyle them in water till they bee tender: Then take them forth: and let the water runne from them till they be drie. Then put into euerie Quince, Sugar, Cinamon and ginger, and fill euerie pie therewith, and the you may let them bake the space of an houre, and so serue them.

To bake oranges.

**F**irst take twelue Oranges, and pare away the yellow rinde of them, cut them in two peeces, and wyng out the iuyce of them, then lay your pilles in faire water, and when it is boyling hot, put your Oranges therein, let them seeth therein untill the water be bitter. Then haue another potte of water readie vppon the fyre, and when it dooth seethe, put your Oranges

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renges pills therein, and let them seeth again in the same water until they be very tender: then take your Dzenge's out of the pot, & put them in a bason of fayre cold water, and with your thombe take out the coze of your Dzenge's and wash them cleane in the same water, and lay them in a faire platter, so that the water may run from them: then take a quart of Bastard, claret wine, or white wine, if you take a quart of Bastard, put thereto a quarterne of sugar: if you take claret or white wine, ye must take to euerie pint a quarterne of Sugar, and set it to the fire in a faire pot: then put your Dzenge's therein, and seeth them till the liquoz come to a sirrop: when it is come to a sirrop, take a fair earthen pot, and put your Dzenge's and your sirrop altogether, so that your Dzenge's may be couered with your sirrop, if you lacke syrrop, you must take a pinte of Claret wine, and a quarterne of Sugar, and make thereof a sirrop, and put it into your Dzenge's, and stoppe your pot close, after this maner you may keep them two moneths, and when you will bake them, take an ounce of Synamon, and half an ounce of ginger, and beat them smal, then take two pound of sugar, and beat it in like maner. Then put your sugar, Sinamon and Ginger in a faire platter, and mingle them together.

Then



When take foure handfull of fine flower, & lay it vpon a faire board, and make an hole in the midst of the flower with your hand: then take a pinte of fair water, & eight spoonfulls of Dyl, and a little saffron, and let them seeth altogether, and when it seeths put it in the hole in the midst of the flower, and knead your paste therewith: then make little round coffins of the bignesse of an orange, and when they be made, put a little sugar in the bottom of them: then take your Orange pilles and fill them full of sugar and spices afoze rehearsed, and put them into your coffins, and fill the coffins full of the same sugar and spices: when the spices be in them, close them vp, and set them vpon papers, and bake them in an oven or baking pan, but your Oven may not be too hot if your coffins be dry after the baking, you may make a little hole with the point of a knife vpon the couer of the and with a spoone put a little of the sirrope to them, at another season you must make your paste with foure handfulls of fine flower, and twelue yolks of eggs, and a little saffron, make your paste therewith.

An other good way to bake Orenge.

**P**are the bitter rinde as thin as you can: the take the Oranges, and cut out a little hole in the top, & with a narrow pointed knife picke

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picke out as nigh as yee can al the pames: then seeth them in faire water boyling a soft pace: and whē the water is bitter haue more water readye, and change the first water, and so let them seeth in the second water a good while softly boyling, let them not be very tender, for after that boyling ye must put them in an other liquoz that must be water and hony very sweet sodden together & scummed: then put into that a good quantity of Saffron, and so put in your ozenges, and let them seeth well in that water, til they be verie tender, if yee will bake them, put Claret wine and sugar together, and let it boyle wel. Then fill your Ozenges of drie Sugar and Ginger, and turne the hole of your Ozenges upward: then put the Claret wine in, till your coffin be almost full: and see that there be Sugar enough in the coffin and close it by, and a litle before ye wil serue it in, put in more of the Claret wine and Sugar that was firste sodden, at the hole aboue in the coffin. Thus ye may keepe your Ozenges in that same liquoz that ye did seeth them in first, a moneth or more and if ye think that the liquoz changeth: seeth it againe and it wil amend, and if you think that the Ozenges doo not looke yellow enough, put Saffron in the liquoz, and with a feather colour your Ozenges.

To



## To bake Peaches.

**T**Ake Peaches, pare them, and cut them in two peeces, & take out the stones as cleane as you can for breaching of the Peach: then make your pie three square to bake fowze in a pie, let your paste be verie fine, then make your dredge with fine Sugar, Synamon and Ginger: and first lay a little dredge in the bottome of your pies: Then put in Peaches, and fill up your coffins with your Dredge, and put into every coffin three spoonfuls of Rose water. Let not your Duen be too hot. &c.

## To bake pippins.

**T**Ake your pippins and pare them, and make your coffin of fine paste, and cast a little sugar in the bottome of the pie. Then put in your Pippins, and set them as close as ye can: then take sugar, sinamon, and Ginger, and make them in a dredge, and fill the Pie therewith: so close it, and let it bake two houres but the Duen must not be too hot.

## To make a good Castard.

**T**Ake a platter full of Creame, if it bee a quart, then take six yolks of Egges, to a pint three Egges, and when you set your Creame, ouer the fire, cut your butter in smal peeces and but it into your creame, & it be litle moze then the quantitie of a Walnut it is enough,

enough, and season it with salt, Sugar, cloues, mace, and saffron, and so couer it, and let it be set vpon a chafingdish or pot of seething water, and when it is well hardned, cast on it minced Dates and small Raisons, and so let it boyle till ye think it be wel hardned: and then serue them forth. &c.

How to make a Custard in Lent.

**T**Ake the milt of any maner of fresh fish, and a little of the milt of a white Hering, and a quantitie of blanched almonds, and crums of bzead, and mingle al these together: and a little Water and Sugar, and a quantitie of Rose water, and mingle that together: season it as ye would do another custard with al maner of spices. Then mingle therewith Raisons corrans, and Dates, cut in peeces, and so bake it in a platter or paste, whether ye will, the space of halfe an houre, and so serue it in.

Another way to make a Custard in Lent.

**T**Ake blanched almonds and bzeay them smal put crummes of white bzead in the bzeaying of the almonds. Then let a Pike be sodden, or fat Cels, that ye may haue the best of the broth and put that in the bottom of your platter, put in also minced dates and corrans. Then strain your almonds with the water sodden with sugar. Then season it with sugar, saffron, cloues  
and



and Dace: then put in all the stufte in the platter, and so boyle it vppon a chafingdish a good while: see the platter be not covered, for if it be the Custard will neuer ware harde: when ye serue it forth, cast Sugar on it. & if your dates and corrans be sodden in the fish broth afoze ye put them in the platter, they wil be the better, put to a litle salt in the making, &c.

To make a tarte of apples and  
Orenge pilles.

**T**Ake your ozenges, and lay them in water a day and a night, then seeth them in faire water and hony, and let them seeth till they be soft: then let them soak in the sirrop a day and a night: then take them forth and cut them small, and then make your tart and season your Apples with Sugar, Synammon and Ginger, and put in a peece of butter, and lay a course of Apples, and betweene the same course of apples, a course of Ozenges, and so course by course, and season your Ozenges as you seasoned your Apples, with somewhat moze sugar, then lay on the lid and put it in the ouen, and when it is almost baked, take Rosewater and Sugar, and boyle them together till it be somewhat thick, then take out the Tart, and take a feather and spread the rosewater and Sugar on the lid, and set it into the  
Ouen

Quen againe, and let the sugar harden on the lid, and let it not burne.

How to make a tart of Apples.

**P**are your apples and cut away the coze, & cut the remnant in smal peeces, & seeth it in rose water or wine til they be soft, & ye must stirre it al the while it seeths, then draw it thzough a strainer, and season it with sugar sinamon & ginger, & spread it in your paste: & if you wil, ye may serue it in a dish without paste & cut a date or two & lay it on, for a change ye may collour it with Saunders if you wil.

To make a good tart of Cherries.

**T**ake your cherries and pick out the stones of them: then take raw yolks of eggs, and put them into your cherries, then take sugar, Sinamon and Ginger, and Cloues, and put to your Cherries & make your Tart with all the Egges, your tart must be of an inche high, when it is made put in your cherries without any liquoz, and cast Sugar, Sinamon, and ginger, vpon it, and close it vp, lay it on a paper, & put it in the Quen, when it is half baked draw it out, and put the liquoz that you let of your cherries into the Tart: then take molten butter, and with a feather anoint your lid therewith. Then take fine beaten Sugar and cast vpon it: then put your Tarte into the Quen



uen again, and let it bake a good while, whē it is baken drāw it forth, & cast Sugar & Rosewater vpon it, and serue it in.

To make a tart of Cheries, when the stones be out, another way.

**S**etth them in white wine or in Claret, and strain them thick: when they be sodden: then take two yolks of egges & thicken it with all: then season it with Sinamon, Ginger, and Sugar, and bake it, and so serue it.

To make a tart of Damsons.

**S**etth the Damsons in Wine, and straine them with a litle Creame: then boile your stuffe ouer the fire til it be thick, put there to sugar, Sinamon, and Ginger, so spread them on your paste, but set it not in the Duen after, but let the paste be baked before.

How to make a tart of Egges.

**T**ake twentie yolks of Eggs, and half a pound of butter, and straine them altogether into a plater: then put two good handfuls of sugar in it, six spoonfuls of Rosewater, and stirre them altogether. Then make your paste with two handfuls of fine flower, and six yolks of Eggs, and a quarter of a dish of Butter: then make your Tart, and put your stuffe therein and lay your Tart vpon a sheete of Paper, and so put it into the Duen, and when that it is baked enough

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enough, then draw it out of the Ouen, and cast a litle sugar on it, and so serue it forth.

To make a good tart of Creame.

**T**ake a quart of Creame, and put in twelue yolks of egges, and a litle Saffron, straine them. Then put it in a pot and boile it, but all the time it standeth on the fire it must be stirred with a sticke for burning. Also ere ye boile it, ye must put a good dish of butter in it, when it is boyled, put in your Sugar, as much as wil make it sweet: then make your paste with Butter, Egges, Sugar, with a litle Saffron and fine flower, and make your Tart with it and drie it in the Ouen, and when it is dry, put in a litle Rose water and butter, then fill your tart with the stuffe, whē it is strained, so bake it, and when it is baked, sprinkle a litle Rose water and Sugar, and a litle Butter molten vpon it.

How to make a tart of Prunes.

**Y**ou must seeth the prunes with Wyne, then straine them, and season it with Sugar, so bake it with paste, and first prick it in the bottome if that you wil boile your stuffe vpon a chafin gould, then the lesse baking afterward wil serue it.

How to make a tart of Spinnage.

**T**ake some cast creame, and seeth some Spinnage



nage in faire water till it be very soft, then put it into a Collender, that the water may loake from it: then straine the spinnage, and cast the creame together, let there bee good plentie of Spinnage: set it vpon a chafingdish of coales, and put to it Sugar and some Butter, and let it boyle a while. Then put it in the paste, and bake it, and cast blaunche powder on it, and so serue it in.

To mke a tart of Veale.

TAke two kidneis of Weale and broyle them, then take off all the skin and chop the fat be-  
rie small, and put two yolks of eggs, a handfull of Corrans, fire Dates cut small two handfull of sugar, a spoonfull of Walte, a spoonfull of Sinamon, halfe a spoonfull of Ginger, four spoonfulls of Rosewater, chop them altogether. then make your Tart of fine paste, and fill it with your stuffe: then close it with a coner, and strike vpon the lid of your Tart butter that is molten, and cast fine sugar vpon it, as you doe to a Marchpane, let not your Duen be too hot for it asketh but litle baking.

Ho to make a tart of cheese

MAke your Tart, and then take Banbery  
Cheese, and pare away the out side of it  
and cut the cleane cheese in small pices  
and put them into the Tart, and when your  
Tart

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**T**art is fail of Cheese : then put two hand-  
fuls of sugar into your Tart vpon your chée-  
se, and cast in it five or six spoonesfuls of Rose wa-  
ter, and close it vp with a couer, and with a fe-  
ther lay sweet molten Butter vpon it, and fine  
Sugar, and bake it in a soft ouen.

To make a tart of almonds.

**B**lanch almonds and beat them, and straine  
them fine with good thicke Cream, then  
put in Sugar and Rosewater, and boyle it  
thicke, then make your paste with butter, fair  
water, and the yolks of two or three Eggs, and  
as soone as ye haue driven your paste, cast on a  
little sugar, and rosewater, and harden your  
paste afoze in the Ouen. Then take it out, and  
roll it, and set in in againe, and let it bake till it  
be wel, and so serue it.

How to make a tart of Medlers.

**T**ake medlers that be rotten, & straine them  
thru a cloth, then ser them on a chafingdish of coales, and  
beate it to two yolks of Egges, and let it boile  
till it be some what thicke: then season it with si-  
namon, Ginger and sugar, and lay it in paste.

How to make a tart of hippes.

**T**ake hippes, slit them, and pick out the ker-  
nels: then seeth them in white wine, or in  
faire water, when they bee soft sodden, straine  
them as thicke as you can, and season them with  
Syrup



**S**inamon, ginger and sugar, & lay it in paste.

How to make a Curde tart.

**T**ake Creame, yalkes of eggs, white bread  
seth them together, then put in a sawcer  
full of Rosewater or Balmesey, and turne it :  
and put it into a cloath, when all the whey is  
out, straine it, and put in Sinamon, Ginger,  
salt, and sugar, then lay it in paste.

How to make Lumbardy tarts.

**T**ake beets, chop them small, and to put  
them grated bread & cheese, and mingle  
thunt wel in the chopping, take a few cor  
rans, and a dishe of sweet butter & melt it, then  
stir al these in the butter, together with three  
yolkes of egges, sinamon, ginger, and sugar,  
and make your tart as larg as you will, and  
fill it with the stuffe, bake it, and serue it in.

To make a tart of bread.

**T**ake grated bread, and put to it molten but  
ter, and a little Rosewater and sugar, and  
the yolks of eggs, and put it into your paste, and  
bake, and when you serue it, cut it in foure  
quarters and cast sugar on it.

A tart to prouoke courage either in man  
or woman,

**T**ake a quart of good wine, and boile therein  
two Burre rootes scraped cleane, two good  
Quinces, and a potatoe roote well pared,

## A new booke

and an ounce of Dates, and when all these are boyled verie tender, let the be drawne thzough a strainer wine and al, and the put in the yolks of eight eggs, and the braines of thze o2 fower cocke sparrowes, and straine them into the o-ther, and a litle rosewater, and seeth them all with Sugar, Cinamon and Ginger, and cloves and mace, and put in a litle sweet butter, and set it vpon a chaffingdish of coales betwenn two platters, & so let it boile til it be something big.

How to make a tart of Gooseberies.

Take Goseberies, and perboile them in white o2 claret wine, o2 stronge ale, and withall boyle a litle white bread: then take them vp & draw them thzough a strainer as thick as you can with the yolks of fire Egges, then season it vp with sugar, and halfe a dish of butter, and so bake it.

## *Roasted meats.*

To make Allowes of mutton.

Take faire Mutton, and cut it thin in flakes then take faire Parsley, Onions, Yolkes of Egges, sodden Egges, Parrow, o2 sweet suet, chop al these together, and so rolle it vp with the mutton, and roste it.

How to rosta Gybot of mutton.

Cut the flesh of a leg of Mutton, take out the bone,



bone, and take the flesh that you cut forth, and chop it small, and put thereto yolks of Egges, cloues and Mace, Cozrans, Rosemarie, Parsley. Time and some suet, and mingle them altogether, and put them into a bag and sowe it vp, and so roste it.

#### How to roste a Hare.

**F**irst wash it in faire water, then perbolle it and lay in cold water againe, then larde it, and roste it on a broch. Then to make sauce for it, take red Vinigar. Salt, Pepper, Ginger Cloues, Mace, and put them together. Then mince apples and onions, and frite them in a pan: then put your sauce to them with a litle sugar, and let them boyle well together, then baste it vpon your Hare and so serue it forth.

#### To roste a Calues head.

**M**ake a litle hole in the head, & plucke out all the braines, and lay the head to soake: then to make a pudding in it, take white bread, and lay it to soake in milke, and strain it thicke, then take foure yolkes of Egges, cloues Mace, Pepper, Saffron, cozans. Dates, and a good quantitie of Butter, make a good Pudding, and fill the head full: then take the bone, and stop the hole, and whē it is almost enough, cast crummies of bread on it: then cleane it, and make sauce to it with Syonamon, sugar, Vin-

A new booke

ger, and vinegar, and boyle them al together, and then you may serue it forth.

To rost a Capon, Phesant or partridge.

**R**oste a capon with his head of, his wings and legges on whole: and your phesant in like sort: but when you serue him in, stick one of his feathers vpon his bzeast: and in lyke maner you must roste a Partridg, but stick vpon no feather.

How to roste Venison.

**L**et your Venison be perboyled, then make it tender, and cast into it colde water, then larde it, and roste it, and for sauce: take broth vinegar, pepper, cloues and mace, with a little salt, and boyle all these together, and so vpon your venison serue it.

How to roste a quaille.

**L**et his legs be broke, and knitt one within another, and so roste him.

To roste a Crane, Heron, Curlew or Bitture.

**R**oste a crane with his legs turned vpon behind him, his winges cut off at the ioynt next the bodie, and then wind the necke about the bzeach, and put the bill into his bzeast, the Heron Curlew and Bitture, after the same maner, but let the Bittures head be off.

To



To roste a Plouer or a Snite.

**T**Ake and roste a plouer with his head of, and his legges turned vppward vpon his backe, but the Snite with his bill put into his bzeast, and his legges turned vppward vpon his bzeest.

How to roste Woodcocks.

**P**Lucke them, and then draw the guts out of them, but leaue the liuer still in them, then stuffe them with Larde chopped small, and Juniper berries, with his bil put into his bzeest and his feet as the Snite, and so roste him on a spit, & set vnder it a faire large pan with white wine in it, & chopped parsley, vinegar, salt, and ginger: then make tostes of white bread, & tosse them vpon a girdion, so that they be not burnt: then put these tostes in a dish, & vpon them lay your woodcocks, and put your sauce, being the same bzeeth vpon them, and so serue them forth.

### *To seeth fish.*

To make fine rice pottage.

**T**Ake halfe a pound of Jordan almondes, and half a pound of rice, and a gallō of running water, and a handfull of oke barke, and let the barke be boyled in the running water, and the almondes beaten with the hulls and al on, and so strained to make the rice pottage withal.

To make good Leaton pottage.

## Anew booke

**T**ake Eeles and flea them, and cut them in culpins, and cast the into a pot of faire water, and take Parsley and Onions, & shyed them together not to smal, & take cloues of Spice, powder of Pepper and Dynamon, and cast it thereto, and let them boyle together a while: also take a good portion of wine, & thicke yest, and put it thereto, and let it boyle together a while. Then take saffron, salt, and Vinegar, and cast it therto, and serue it for good pottage.

How to seeth a Pike.

**T**ake white wine, faire water, vinegar, and a little yest, or els a few gooseberries, boill these together, and before yee seeth your Pike, lay it in vinegar and salt, this is a good broth.

How to seeth a carpe.

**Y**ou must take Red wine, and the bloud of the carp, and a litle Vinegar and salt, and let it lie in this a while. Then seeth your carpe in it, and put pepper halfe broken in it, and a peece of sweete butter, and make your soppes therewith and serue it in.

How to seeth a Gurnard.

**Y**ou must open your Gurnard in the back, and faire wash and seeth it in water and salt, with the fishes side upward: and when it is sodden well, you may take some of the best of your broth if you will, or els a litle faire water,



ter, and put to it newe yest, a little Mergious, parlie, Rosemarie, a litle Time, whole Hace and a peece of sweet Butter : and let it boyle in a pipkin by it selfe till it bee well boyled, and then when you serue in your Turnard, powze the same broth vpon it.

To seeth fresh Salmon.

Take a litle water, and as much Beere and salte, and put thereto Parsley, Time, and Rosemarie, and let all these boyle togeather. Then put in your Salmon, and make your broth sharpe with some Vinigar.

How to seeth a Breame.

Put White Wine into a pot and let it seeth, then take and cut your Breame in the midst, and put him into the pot: then take an Onion and chop it small, then take Nutmegs beaten, Synamon and Ginger, whole Hace, e a pound of Butter, and let it boyle altogether and so season it with salt, serue it vpon sops, and garnish it with fruite.

To seeth Roches, Flounders, or Eeles.

Make yee good broth with newe Yeast, put therein Mergious, Salt, Parsley, a litle Time, and not muche Rosemarie and pepper: so set it on the fire and boyle it, e when it is wel boyled, put in Roches, Flounders, Eeles, and a quantitie of sweet butter.

A new booke

How to seeth Stockfish.

**T**Ake Stockfish and water it well, and then put out all the bakke from the fishe, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to boile on the other side, take it of and put it into a Colender, and let the water run out from it, and put in salte in the boyling of it, and take a little faire water and sweete butter, and let it boyl in a dish untill it be something thicke, then poure it on the Stockfish, and so serue it in.

To seeth a Dory or a Mullet.

**M**Ake your broth light with yest, some what sauozie with salt, and put therein a little Rosemarie, and when it seeths put in your fish, and let it seeth very softly. Take faire water and bergious a like much, and put thereto a litle new yeast, cozrans, whole Pepper, and a little Date, and Dates shred verie smal, and boyle them wel together: and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it Strawberries, Gooseberries, or Barberries, sweete Butter, and some sugar, and so season vp your broth, and poure vpon your Dorye or Mullet.

To



## To stewe Herrings.

**T**ake ale. and put therin a few onions small cut. & a spoonful of Mustard, great raisons and saffron, & thicke it with grated bread: if you will haue puddings in them. take the soft roes of the herrings, & stamp them with a litle thicke almond milke, and put thereto some Dates or Figs minced, claues, mace, Sugar, saffron and salt, and some corrans, and grated bread.

## To roste a peece of Stockfish.

**T**ake a quarter of Stockfish and a litle grated bread and a litle creame, & foure yolks of eggs, a few Dates minced with corrans sy-  
namon, ginger, and a litle pepper, and so lay it to the fire & baste it well with Butter and Vi-  
nigar, & some Cinamon and ginger in your but-  
ter, where with you baste it, and so serue it.

*To bake fish.*

## To make herring pies.

**T**ake herrings and crush them in your hands, so shall you loose the flesh from the skin, saue the skin, as whole as ye can, & scrape of all the fish, y none be left therupon: then take a pound of almondes, or as manie as ye bee disposed to make, blanch them, and stamp them, and in the stamping of them, put in one soft roe, and one harde roe, and five or six Dates, and a spoon.

### A new booke

spoonfull or two of grated bread, and a pint of Muscadell to grinde them withall, but ye may not grind them to fine, nor may not make them too moist with your muscadell, but somewhat thicke, that you may fill the skines of your Herrings: Then take Rose water, and a little saffron to colour Almondes withall, when yee haue ground them. Then put in foure Dates and cut them fine, and a handfull of Currans, and a litle sugar, then make fine paste, and rol it as thinne as you can, and strewe thereon a good deale of sugar, then put your Herrings therin, and bake them

#### How to bake a Carpe.

Take of the scales, and take foorth the Gall, and with cloues, Mace, and salte, season it and take cozans and prunes, and put about the carpe, and take butter and put it vpon him and let him bake two houres.

#### How to bake a ioll of fresh Salmon.

Take Ginger and salt, and season it, and certayne currans, and cast them about and vnder it, and let the paste be fine, and take a litle Butter and lay about it in the paste, and set it in the oven two houres, and so serue it in.

#### How to bake a Breame.

Scale it, and take cloues, Mace, and salte, and put it in fine paste. Then take cozans  
and



### of Cookerie.

and set about it, and a good quantitie, and put it into the belly of the **B** about it: let it bake two houres.

How to bake a Gurnard with E

**T**ake certaine Celles and a Gurnard.

Put them into your Coffin, & take cloves and salt, and caste a litle into the butter of your coffin. Then take the Celles and lay them about the Gurnard, and the residue of your spice cast about it, and take a quantitie of Corrans and Baynes. let it bake three houres.

How to bake a trout.

**W**ash it a litle, and take two or three Celles, a few Cloues, mace, ginger, and salt, and season the Trout and the Celles together, and put them in the coffin together and a few Corrans about it, and a quantitie of butter, and let them bake an houre and a halfe.

How to make a good marchpane.

**F**irst, take a pound of long smal almonds, blanch them in colde water. Then take a cloth and dry them as dry as you can. Then stamp them small, and put no liquoz to them but as you must needes to keepe them from drying, and that litle that ye put to them must be Rosewater, in like maner you should but wet your Pestels end therin, for feare of putting too much

### A newbooke

For therein: and when you haue beaten  
e, take half a pound of sugar or more,  
be beaten to smal powder, but it must  
gar, & then put it to your Almondes,  
& them altogether, when they be bea-  
ake your wafers and cut them compass  
oe of the bigneſſe that you will haue your  
Marchpane of. When so soone as you can after  
the tempering of the stuffe, let it be put in paste  
of wafers, and strike in abroad with a flat stick  
of wood as euen as you can. and pinch the very  
stuffe as if it were an edge set on the, put a pa-  
per vnder it, & then set it vpon a fair board and  
lay a Lattine bason vpon it the bottome vp-  
ward When lay turning coales vpon the bot-  
tome of your bason, and euer anon lift vp your  
bason to see how it baketh: and if it happen to  
be browne, or to browne too fast in some places  
fold paper as broad as that place is, and this  
well tended, ye shal bake one in litle more then  
thre quarters of an houre: When it is baked,  
put on your gold and your biscuits, and strike in  
long comfets, and then shall yee make a good  
Marchpane: But before that ye bake it, yee  
must cast on it fine sugar and Rosewater, and  
that wil make him to crispe like unto yse, like-  
wise you must haue a hoope for to make your  
Marchpane in.



## Of Cookerie.

To make good Kestons.

**T**ake a quart of fine flower, lay it  
broad, and make a hole in the mi  
flower with your hand, and put a sa  
Ale Pest therein, and ten yolkes of  
put thereto. two spoonfulls of Syam  
one of Ginger, and a spoonfull of cloue  
Nace and a quarterne of Sugar fine beate.  
and a litle saffron, and halfe a spoonfull of  
Salt. Then take a dishfull of Butter, melt it  
and put into your flower, and therewithal make  
your paste as it were for manchetts, and mould  
it a good while and cut it in peeces the bignes  
of Ducks egges, and so moule euerie pece  
as a manchet, and make them after the fashion  
of an ackorn broad above, and narrow beneath  
Then set them in an Oven, and let them bake  
thre quarters of an houre. Then take five di  
shes of butter and clarifie it clean vpon a soft  
fire: then drawe forth your Kestons forth of  
the Oven, and serape the bottoms of them faire  
and cut them ouerthwart in foure peeces, and  
put them in a faire charger, and put your clari  
fied butter vpon them. Then haue powder of  
Synamon and Ginger readie by you, and Su  
gar verie fine: and mingle the altogether, and  
euer as you set your peeces thence, together  
cast some of your sugar, Synamon & ginger vpon  
on

### A new booke

id when you haue set them al bp, lay  
faire platter, and put a litle butter  
1, and cast a litle sugar vpon them, e  
em in.

### How to make a Vaunt.

Take marow of Beefe, as muche as you  
can hold in both your hands, cut it as big  
as great dice. Then take ten Dates, cut  
them as big as smal dice: then take thir-  
tie p2unes, and cut the fruite from the stones,  
then take halfe a handfull of Cozrans. washe  
them and picke them, then put your marrow in  
a cleane platter, and your dates, p2unes, and  
Cozrans: then take ten yolks of Eggs, and put  
into your stufte afoze rehearsed. Then take a  
quarterne of sugar, and moze, and beat it smal  
and put to your marrow. Then take two spoon-  
fuls of Cinamon, and a spoonful of sugar, and  
put them to your stufte, and mingle them alto-  
gether, then take eight yolks of eggs, and foure  
spoonfuls of Rose water, strain them, and put a  
litle sugar to it. Then take a fayze frying pan,  
and put a litle peece of butter in it, as much as  
a Walnut, and set it on a good fyze, and when  
it looketh almost blacke, put it out of your pan,  
and as fast as you can, put halfe of the yolks of  
Eggs, into the midst of your pan, and let it run  
all the bredth of your pan, and frie it faire and  
yel



yellowe, and when it is fryed, put it in a faire dish, and put your stuffe therein and spread it al the bottom of the dish and then make another baunt euen as you made the other, and set it vpon a faire bozd, and cut it in faire slices, of the breadth of your litle finger, as long as your baunt is: then lay it vpon your stuffe after the fashion of a lattice window, and the cut off the ends of them, as much as lyeth without the inward compasse of the dish. Then set the dishe within the Duen or in a baking pan, and let it bake with leisure, and whē it is baked enough the marrow will come faire out of the baunt, vnto the brim of the dish. The draw it out, and cast theron a litle sugar, and so you may serue it in.

## How to make Friars.

**T**ake thre handfull of flower, seuen yolkes of egges, and halfe a dishe of Butter, make your paste therwith, and make two Chews, ets therof, as you would make two tarts, and when it is diuen verie fine with your rolling pin, then cut them in peeces of the bignesse of your hand. Then take a quartern of sugar, and one ounce and foure spoonfulls of sinarion, and halfe a spoonfull of Ginger, and mingle them altogether, then take lumps of marrow, of the quantitie of your finger, and put it on your pee-

## A new booke

es of paste afoze rehearsed, and put vpo it two  
poufuls of your sugar and spices: then take a  
litle water and wet your paste therewith: then  
make them euen as ye would make a pastie of  
Menison: then prick them with a pin, and frie  
them as ye frie fritters, when they be fried, cast  
a litle sugar on them, and so serue them in.

How to make frians in Lent.

**T**Ake Malsome Geles and see they be fat, and  
cut the fish from the bone, and mince it smal  
and a Warden oꝛ two with it. Then season it  
with Pepper, salt, cloues, mace, and Saffron:  
then put to it coꝝrans, Dates, and Pꝛunes,  
smal minced, and whē your fruit is altogether  
then poure on a litle Clergious and cut it in li-  
tle pꝛeces, and so bake it. & put a pꝛece of But-  
ter in the midst of the pꝛeces to make it moyst,  
so close it, and bake it.

How to make Snowe.

**T**Ake a quart of thicke cream, and five oꝛ  
six whites of eggs, a sawcerfull of Sugar,  
and a sawcerfull of Rosewater, beate altoge-  
ther, and euer as it riseth take it out with a  
spoon: then take a loafe of bꝛead, cut away the  
crost, and set it vpright in a platter. Then set a  
faire great Rosemarie bushe in the midst of  
your bꝛead: the lay your snow with a spoon vpon  
your resenmary, & vpon your bꝛead, & gilt it.

To



## Of Cookery.

To make a good Gellie.

**F**irst, take foure Calues fete, and scald o  
the haire of them : then seth them in fair  
water til they be tender . Then take out your  
fet, and let your broth stand till it be cold: then  
ye shall take of clean the fete from it, and then  
put Claret wine and a litle Malmesey to it: if  
ye have a pottel of Gellie water: then put to it  
a quart of wine, and a pint of Malmesey, then  
season it with salt, and put therto one pound of  
Sugar, one ounce of Ginger, one sunce and a  
halfe of Cinamon, twelue cloves, twelue pep  
per cornes, and a litle Saffron, so boile all to  
gether: then take a good saluerful of Vinegar  
and lay your turnfall therein: and then put it  
to your Gellie, til it be somewhat keeled, then  
put in your whites of eggs, and let al these boile  
together . Then set all these by, and within a  
while let it run through your bag.

To make Gellie both white  
and red.

**T**ake foure Calues fete, scalde them verie  
cleane, and cut them in the middell, and as  
nere as ye can, take away al the fat cleane out  
of the ioints, and let the fete lie in faire water  
foure or fine houres, & change the water often.  
Then take a clean pot, and put your fete in it;  
and put to them thre quarts of fair water, and

## A new booke

Run it verie cleane, euer as any fat doeth rise  
let it bee taken away, and so let it sath till the  
third part of your liquoz be sodden away, and  
your feet very tender, then take it from the fire  
and let the liquoz run thzough a strainer into a  
faire earthen pan, and set the pan in some cold  
place that it may be stiffe: and when it is stiffe  
take a sharp knife and cut away the vppermost  
of the gellie as thin as you can, the deuide your  
gellie in the pan, & put it in two earthen pots:  
take thze ounces of sinamon large, and wash  
it verie cleane: then bzeake it of the bignesse of  
a penie. Take of case Ginger almost an ounce  
and pare it cleane, then cut it as much as if you  
would eat it with figs: then take two nutmegs  
and cut them in four or five peeces: and put all  
this in one of your pots, and put therto a pound  
of Sugar, as ye thinke good, and put thereto a  
saucerfull of white Viniger, and a litle fayze  
white salt, faire picked, and very clean: then set  
your pot in a soft fire, and so let it stew, but not  
seeth, and let the pot be couered verie close, whē  
it hath stued a while, with a spoone assay it whe  
ther it be flashy in the mouth, if it be, put in a li  
tle moze Sinamon, and if it be hot of the spice,  
put in a pint of white wine, and let it stew a  
while. Then take the pot from the fire, and let  
it stand till it be between hot and cold, the take  
the



the whites of ten Eggs, and beat them well, and put them into the pot, but see that your liquoz be not too hot, nor too cold, when you put them in. Then set your pot to the fire againe, & when the Eggs be hardened, with a spoone take them cleane off, and set the pot from the fire, ere yee take of the whites. Then haue your gelly bag clean, and hang it in a fair place, and put in the bottome of your bag a litle Margeram, and so let it run thzough your bag thzee or foure times or moze if neede require, but keepe alwaies a cleane cloth ouer the mouth of your bag, then cast your dishes, when all is runne out, be wel ware ye haue no dust when it runneth, or whē you shal cast it, and haue a litle fire beside your bagge, when it is running, make your red gellie of your other pot, and season it as ye did the white gellie, and doo thereto in the putting in of the Eggs as yee did before. But for the Putmegs ye must take twentie cloues bzuised, and beware ye make not too deep a colour of your Turnesal at the first, but take of it by litle and litle at once, and put in the bottome of your bag a litle Rosemary, & so vse it els in euerie thing as ye vsed the white.

To make gellie with flesh.

Take knuckles of Meale, and cut the ioints all to peeces, and lay them in faire water the

### A new booke

space of an houre, then wash them cleane, and lay them in faire water again the space of half an houre. Then take a faire pot and put your flesh in it: then fill your pot with Claret wine and water, and set it to the fire, and scum it as clean as ye can: then let it boyle as softly as ye can, for the sooner it is boyled the longer it will bee ere it come to a Gellie: therefore it must boyle but softlye, when it is boyled, straine the liquoz into a fair bell, and when it is cold, take off the greace that lyeth vpon it: then take of the clearest of the stuffe, and put it in a faire pot and seeth it, and then put in your Sugar: then take Dynamon, graines, cloues, long Pepper, Nutmegs and ginger, of each of these a quantitie, then bruse them, and searce out the smal spices, and put the greatest into your pot, when it boyleth, put in whites of Eggs beaten: Then take a Scummer and scum them as they rise, and drie your Turnesall by the fyre, and rub it cleane, and colour your Gellie therewith, then take your bag, and put Rosemarie in the botome of it, and hang it by the fire side, and let your gellie runne two times throught your bag into a faire bell.

To make gellie with fish.

Take Lenches and scalde them, and drawe them and wash them cleane: then put your  
Len



Lenches into a fair pot: then take white wine  
or claret and fill your pot therewith: then take  
Slenbras as much as ye think best. Then take  
your pot and set it on the fire, and let it boyl the  
space of an hower and a half: then take it from  
the fire, and let your liquoz run through a strai-  
ner, then let your liquoz stand till it bee colde.  
Then order it in euerie point as yee did the o-  
ther before that is made with flesh.

All necessaries apperteyning  
to a Banquet.

Synamon, Sugar, Nutmegs, Pepper, Saf-  
fron, Saunders, Coleander, Anniseeds, Li-  
coras, al kind of Comfets, Dzenes, Pome-  
granate, Toznesall, Lemmons, Prunes, Coz-  
rans, Barberries conserued, Paper white and  
browne: seeds, Rose water, Raisons, Kie flow-  
er, Ginger, Cloues and mace, Damask water,  
Dates, Cherries conserued, sweete Dzenes,  
Wafers for your Marchpanes, seasoned and  
unseasoned Spinnedges.

To make a Tyflan.

Take a pinte of Barley beeing picked, sprin-  
kled with faire water, so put it in a faire  
stone moyster, and with your pestel rub the bar-

### A new booke

ley, and that will make it tuske, then pick out the barley from the huskes, and set your barley on the fire in a gallon of faire water, so let it seeth til it come to a pottell: then put into your water, Succory, Endiue, Linkefoyle, violet leaues, of each one handfull, one ounce of annis seeds, one ounce of liquoris bzuisd, and thirtie great raisons, so let all this geare seeth till it come to a quart: then take it of, let it stand and settle, and so take of the clearest of it, and let it be strained, and when you haue strained the clearest of it, the let it stand a good pzetie while. Then put in foure whites of Eggs al to beaten, shels and all, then stir it well together, so set it on the fire againe, let it seeth, and euer as the scum dooth rise take it of, and so let it seeth a while: then let it run thzough a strainer oz an Epocras bagge, and drink of it in the morning warme.

### How to clarifie Whey.

**T**Ake the iuyce of Fumetorie, halfe a pint of the iuyce of Bozage, of Endiue, of the tending of hoppes, of each of them a quarter of a pinte, the put al these iuyces to a pottle of whey with thzee whites of Egges beaten, and with Sugar sufficient: then boyle them on an easy fire, take away the scum of it as it riseth, and when it is cold let it run thzough a fayze strainer:



ner, take thereof euery morning halfe a pinte, and befoze supper as much: this wil pure your blood, and wil continue good foure daies.

How to make fillets Gallantine.

**T**Ake faire Pork, and take of the skin and roste it halfe enough, then take it off the spit, and smite it in faire peeces, and cast it in a faire pot: then cut Onions, but not too small, and frie them in faire suet, put them into the Pork, then take the broth of Beefe or Mutton and put thereto, and set them on the fyre, and put thereto powder of Pepper, Saffron, cloues and Mace, and let them boil well together. Then take faire bread and Winigar, & steepe the bread with some of the same broth, straine it, and some bloud withall, or els saunders, and colour it with that, and let all boyle together, then cast in a litle Saffron, and salte, and then may you serue it in.

How to make Gallantine.

**T**Ake tostes of white bread, boile the on a chafingdish of coals, with binigar whē it hath soaked afoze in the binigar, and in y<sup>e</sup> boiling put in a branch of Rosemarie, Sugar, Synamon and Ginger, straine it, and serue it.

How to make tostes of Veale.

**T**Ake the kidneies, choppe them verie small, then put to it foure or fīue yolkes of Egges, three

### A new booke

three spoonefull of sugar, a little synamon and Ginger, a spoonefull of Cozrans cleane washed and picked, choppe them altogeather, then make sops of stale white bzeade, and lay your stiffe vpon them, and take a frying pan and a dish of sweet Butter in it, and melt it: then put in your tosts and frie them vpon a soft fire: then lay them in a dish, and cast sugar on them, your fire must be verie soft, or els they will burne.

### To make an apple moyse.

**T**Ake apples, and cut them in two or four peeces, boyle them till they bee soft, and bzuise them in a morter, and put thereto the yolks of two Eggs, and a litle sweet butter, set them on a chafingdish of coales, and boyle them a litle, and put thereto a litle Sugar, synamon and ginger, and so serue them in.

### To make Pescods.

**M**Ake your past with fine flower, & yolkes of Eggs, make it thort and bziue it thinne. Then take Dates, Cozrans & marrowe, and cut them like Dice, and season them with salt because of the marrow a litle: then put in Synamon, sugar and Ginger, make your past as you do for the Friars in Butter or suet, and serue them in.

### To make pescods another way.

Take



**T**ake apples, and mince them small, take Figs, Dates, Cozans; great Raisons, Si-  
namon, Ginger, and Sugar, mince them, and  
put them all together, and make them in lytle  
flat peeces, and fry them in butter and Dyle.

## Pettie seruices.

**T**ake faire flower, Saffron and sugar, make  
thereof paste, and make thereof coffins, and  
take the yolkes of Eggs tried from the whites,  
and see the yolks be all whole. Then lay thre  
or foure eggs in the coffin, and two or thre pee-  
ces of marrow: then take powder of Ginger,  
sugar and cozrans, and roll the marrow in it,  
and put all in the pie, and couer it, or bake it in  
a pan.

## To make Spanish balles.

**T**ake a peece of a leg of Dutton, and pare a-  
way the skin from the flesh, chop the flesh  
very small: then take marrow of beefe, and cut  
it as big as a hassell nut, & take as much of mar-  
row in quantity as yee haue of flesh, & put both  
in a fair platter, and some salt, and eight yolks  
of eggs, and stirre them wel together: then take  
a litle earthen pot, and put in it a pint and a  
halfe of beefe broth that is not salt, or else Dut-  
ton broth and make it seeth: then make balles  
of your stufte, and put them in boyling broth  
one

### A new booke

one after another, and let them stewe softly the space of two houres, Then lay them on sopps thzee or foure in a dish, and of the vppermost of the broth vpon the sopps, and make your balles as big as tennis balles.

#### To make balles of Italie.

Take a peece of a legge of Meale, perboyle it, then pare away al the skin and sinews, and chop the Meale very small, a litle salt and pepper, two yolks of Egges hard rosted, and seven yolks raw, temper all these with your Meale, then make balles thereof as big as Walnuts, and boyle them in beefe broth, or mutton broth as ye did the other before rehearsed, and put in to your broth ten beaten cloues, a race of Ginger, a litle Mergious, foure or five lumps of marrowe whole, let them stew the space of an houre: then serue them vpon sopps, eight or nine in a dish, and betwixt the balles you must laye the lumps of marrow.

#### To make almond butter after the best and newest maner.

Take a pound of almonds or more as ye wil, blanch them in cold water, or in warme, as ye may haue leysure: after the blanching, let them lie an houre in cold water: then stampe them in fair cold water as fine as ye can: then put your almondes in a cloth, and gather your cloth



cloth round by in your hands, and presse out the milke as much as you can, if ye thinke they be not smal enough, beat them againe, and so get out milke as long as you can. Then set it on the fire, and when it is ready to seeth, put in a good quantitie of Salt, and Rosewater, that will turne it, and after that it is in, let it haue one boyling, and then take it from the fire, and caste it abroad vpon a linnen cloth, and vnderneath the cloth. scrape off the whey as long as it will runne. Then scrape together the butter into the midst of your cloth, and binde the cloth together, and let it hang so long as it will drop. Then take peeces of Sugar, as much as ye think will make it sweet, and put therto Rosewater a litle, as much as wil melt the Sugar, and fine powder of saffron, as ye think wil colour it, and let both your Sugar and Saffron steepe together in that litle quantitie of Rosewater, & with that season by your butter when you wil make it.

How to make Ipocras.

Take of chosen Sinamon two ounces, of fine Ginger one ounce, of graines half an ounce of Nutmegs half an ounce, bzuise them al, and stampe them in three or foure pintes of good or differous wine, with a pound of Sugar, by the space of four and twenty houres: then put them into

### A new booke

Into an Ipocras bag of woollen, and so receiue the liquor. The readiest and best way is to put the spices with the pound of Sugar, & the wine into a bottel, or a stone pot stopped close, and after xiiii houres it will be ready, then cast a thin linnen cloth, and letting so much run through as ye will occupie at once, and keepe the vessell close, for it will so well keepe both the spirite, colour, and vertue of the wine, and also spices.

To make Ipocras another way.

**T**Ake a gallon of wine, an ounce of cinnamon two ounces of ginger, one pound of Sugar, twentie cloues bzuisd, and twentie cornes of pepper big beaten, let all these soake together one night, & then let it run through a bag, and it will be good Ipocras.

To make Eggs vpon sops.

**T**Ake Eggs and potch them as soft as ye can, then take a fine manchete, and make soppes therof, and put your sops in a dish, and put bergious thereto and Sugar, and a litle Butter: then set it to the fire, and let it boile: then take your eggs and lay them vpon your sops, and cast a litle chopt Parslie vpon them, and so serue them in.

To make Eggs in Lent.

**T**Ake Hennes Eggs, and put out cleane the white and the yolke. Then wash your shel clean,



clean, and take almond milke, and seeth it with  
sugars, or of the broth of a Pike or a Tench,  
and when it is sodden, take it off, but before yee  
take it from the fire, ye must season it with su-  
gar and salt, and fill your egge shels before the  
milke be cold. Then make a hole in the Egge  
aboue, and cut out so much of the white as yee  
will make your yolks, then colour your mylke  
that be left afore with Saffron, like the yolk of  
an egge, and fill vp the hole againe therewith,  
and let it stand til it be occupied.

How to make caste creame.

**T**Ake milke as it commeth from the Cow, a  
quart or lesse, and put thereto raw yolks of  
Egges, temper the milke and the egges toge-  
ther. Then set them so tempered vpon a cha-  
fingdish of coales, and stirre it still and put su-  
gar to it, and see it curd not, and it will be like  
creame of Almonds: when it is boyled thicke  
enough, then caste a litle sugar on it, and spri-  
kle Rosewater vpon it, and so serue it in.

To make caste Creame another way.

**T**Ake the milke that is milked ouer night, &  
scum off the Cream, then take the milk and  
the whites of eggs, straine them together, and  
two yolks of eggs mingled together, and boyle  
them altogether untill they turn to a Curde,  
then put thereto a quantitie of Rergious,  
and

### A new booke

and then it will turne: then take the same, and put it in a linnen cloth, and hang it vpon a pin a litle while, & let the whay run from it. Then take it downe and straine it into a platter, and season it with a litle Rose water and Sugar, and so serue it.

To make clowted Cream after *Mistres*  
*Horsmans* way.

**W**hen you haue taken the milke from the Kine, straight set it on the fire, but see that your fire bee without smoake, and soft fire, and so keepe it on from morning till it be night. or nigh therabout, and ye muste be sure that it both not seeth all that while, and ye must let your milke be set on the fire, in as broad a vessell as you can. Then take it from the fire, and set it vpon a boord, and let it stand all night: the in the morning take off the cream and put it in a dish, or where ye wil.

How to make Creame of Almonds.

Take thick Almond milke, and seeth it a litle, then take it from the fire, and cozne it with salt and viniagre. Then cast it in a cloth, and with a litle knife scrape in vnder the cloth and there will come out whey. Then put the Creame together in the midst of the cloth, and hang it on a pin, and let more whey drop out till ye thinke it be well. Then put it in a vessell,  
and



and put to it sugar plentie, if it hange too long that it be too drie: then temper it with swete wine, and dresse it if you wil with smal raisins and lay it like morterels, or els put it abroad, and lay bozage leaues vpon it, or els red comfits and so serue it in.

How to make a good posset curde.

**T**ake your milke and set it on the fire, and let it sceth put in yolks of eggs according to the quantity of your milke: but see that your eggs be tempered with some of the milke ere ye put them to the milke that is on the fire or els it will fall together and mar all, and yee must stirre it stil til it sceth and begin to ryse. When take it off from the fire, but before ye take it off, haue your drinke ready in a fair balon, on a chafingdish of coales, and poyze the milke into the balon as it standeth ouer the chafingdish w<sup>th</sup> fire, so couer it, & let it stand a while. When take it vp and cast on Cinamon and sugar and so serue it in.

Mistresse Drakes way to make soft Cheese

all the yeere through, that it shall

be like rowen Cheese.

**T**ake your milke as it commeth from the Cow, and put it in a vessell til it be cold, then take as much faire water, and set it on the fire whē your water is warm, put so much of your  
G
water

### A new booke

water is warm, put so much of your water in that milk as wil warme the milk. Then take a spoonefull of runnet and moze, and put into your milke, and make your Cheese, and put it into a faire cloth, and so put it into the presse, & turne it in the presse often, and wipe it wylh faire clothes, as often as ye turne it.

#### To make Fritters.

**T**Ake a pinte of Ale, and foure yolkes of Egges, and a litle saffron, a spooneful of Cloues and mace, and a litle salte, and halfe a handfull of sugar, put all this in a faire platter, and stirre them all together with a spoone, and make your batter thereof. Then take ten Apples, pare and cut them as big as a groate, put them in your batter: then take your suet & set it on the fire, & when it is hot, put your batter, & your apples to your suet with your hande one by one, and when they be faire and yellow take them out, and lay them in a faire platter, and let them stand a litle while by the fire side. Then take a fair platter, and lay your fritters therein, and caste a litle sugar on them, and so serue them in.

#### To make Curde Fritters.

**T**Ake the yolks of ten Eggs, and breake them in a pan, & put to them one handfull of Curde, and one handfull of fine flower, and straine the



all together, and make batter, and if it be not thicke enough, put more Curdes in it, and salt to it. Then set it on the fire in a frying panne, with such stuffe as ye will fry them with, and when it is hot, with a lable take part of your batter, and put of it into your panne, and let it run as smal as you can, & stir the with a stick and turne them with a scummer, & when they be faire and yellow fryed, take them out, & cast sugar vpon them, and serue them forth.

To make Fritters with marrow.

Take three handfuls of fine flower and more and lay it in a faire platter, and put thereto five yolks of Eggs and almost a pint of ale, and a good handfull of Sugar, and two spoonfuis of Cinamon, and a spoonful of Ginger, and halfe a spoonefull of cloves and mace, a little salte, and a litle saffron to collour it withall. Then take a spoone, and stir all these foze said things together: and make your batter therewith: then take your marrow, and cut it of the bignesse of a goat: then haue a frying pan readie with sweet suet therein, and set it to the fyre, and when it is hot dip your marrow in the butter, and put it into the pan pæce by pæce, and ever be stirring them with a stick, and whē they be fryed, take the out of your pan with a scummer, and lay them in a faire platter, and take

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Sugar, Sinamon and Ginger, and cast vpon them, and so serue them in.

How to make Stocke Frittors.

Take a handfull of Marrow, or the kidneies of a Calfe, chop them small. Then take ten yolks of eggs and put them in your marrow or kidneies. Then take a handfull of Cozrars, and wash them cleane, put them to your stufte and take ten dates and cut them smal, and put them to your stufte, and take two handfull of grated bread, two spoonfull of Ginger, and one spoonfull of sinamon, and a spoonfull of cloves and make a quarter of Sugar and a litle Saffron, and mingle your spices and stufte together in a fair platter: then take two handfull of fine flower, and five yolks of egges, and make your batter therewith with ale and Saffron. Then make of your stufte afoze rehearsed litle pilles as bigge as a walnut. Then haue a frying pan readie with fair suet therein vpon the fire, and when it is hot dip your pilles into your batter, and put them into your frying pan, & fry them as ye would frie frittors, and that done, put the in a platter, and cast a litle Sinamon, Sugar, and Ginger on them, and so serue them in.

How to make Frittors with Apples.

Take fine flower, and temper it with Butter and a litle salt, and make a batter, and take  
a verie



a very litle saffron to colour your batter with-  
all, and when your batter is made, straine it  
through a strainer, then cut your apples of the  
bignes of a groat, and put them to your batter  
then put your suet to the fire, and when it is  
hot, put a peece of your apples to your suet, and  
if it rise quicklie, then your stufte is well seaso-  
ned, if it abide in the bottome, then it is not  
halfe enough: therfore when it riseth from the  
bottome, fill your pan one after another as fast  
as ye can, and when they are faire coloured,  
take them out with a scummer, and put them in  
a platter, and alwaies whiles they are in the  
pan stirre them with a stick, and looke that ye  
haue liquoz enough. Then take your frittozs,  
and put them in a fair platter, and then scrape  
Sugar enough vpon them.

How to make frittors of spinage.

**T**Ake a good deale of Spinage, and wash  
it cleane, and boyle it in faire water, and  
when it is boyled, put it in a collender, &  
let it coole. Then wring all the water out of it  
as nere as ye can, lay it vpon a board, and chop  
it with the back of a chopping knife very smal  
and put it in a platter, and put to it four whites  
of Eggs, and two yolks, and the crums of half a  
manchet grated, and a litle sinamon and gin-  
ger, and stirre them wel together with a spoon

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and take a frying pan and a dish of sweet Butter in it, when it is molten put handsomely in your pan halfe a spoonful of your stufte, and so bestowe the rest after, frye them on a soft fire, and turn them when time is, lay the in a platter, and cast sugar on them.

To make Pancakes.

**T**ake new thicke Cresseme a pint, foure or five yolks of eggs, a good handfull of flower and two or three spoonfuls of ale, strain them together into a faire platter, and season it with a good handfull of sugar, a spoonefut of Synamon, and a litte Ginger: then take a frying pan, and put in a litte peece of Butter, as big as your thombe, and when it is molten broken, cast it out of your pan, and with a ladle put to the further side of your pan some of your stufte, and hold your pan aslope, so that your stufte may run abroad ouer all the pan as thin as may be: then set it to the fire, and let the fyre be verie soft, and when the one side is baked, then turn the other, and bake them as dye as ye can without burning.

To make good white puddings.

**S**ee that your livers bee not too much perswyled. Then take of the livers and lights, let them be picked & chopped with knives, stamp them in a moztar, & straine them through



through a Collender, and put some milk to it, to help to get it through, then put foure or five Eggs and but five whites, and put in crums of bread, Cloues, Mace, Saffron Salt, and some Pepper, and sweet suet small minced, and let there be enough of it, and so still fill them vp, and to black puddings, otemeale, milk & salt.

To make Puddings.

Take grated bread, the yolks of fixe eggs, a little Synamon and Salt, Corraus, one minced Date. and the suet of mutton minced smal, knead all these together, and make them vp in litle ballcs, boyle them on a chafingdish with a little Butter and Vinigar, cast Synamon and sugar thereon, and so serue them in.

To make Ising puddings.

Take a platter full of otemeale grotes clean picked, and put thereto of the best Creame sodden that ye can get, blood warme, as much as shall couer the grotes, and so let them lye and soake thzee houres, or somewhat moze, till they haue drunke vp the cream, and the grotes swollen and soft withall. Then take fixe egges whites and yolkes, and straine them faire into your grotes: then take one platterful and a half of beefe suet, the skin cleane pulled from it, and as small minced as is possible. So that when yee haue minced it, you must largelie haue

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one platterfull and a halfe, & rather more than lesse: then mingle these wel among your grots then season them with some salt and some saffron: if ye will put in cloues and mace: then fill your Puddings but not too full, and see they be faire washed and sweet, and beware ye pull not away too much of the fat within, for the fatter they be within, the better it is for the puddings: also if ye finde too much cream left among the grotes, after they haue line foure houres: then put out part of it, and so seeth by your puddings.

How to make a tansey.

**T**ake a litle Tansey, fetherfew, parsley, and Violets, and stampe them all together, and straine them with the yolkes of eight or tenne Egges, and three or foure whites, & some Mergious, and put thereto sugar and salt, and frye it.

How to make a tansey another way.

**T**ake halfe a handfull of Tansey, of the yongest ye can get, and a handfull of yong borage, Strawberry leaues, Lettice, and Violet leaues, and wash them cleane, and beat them very small in a morter: then put to them eight Egges whites and all, and sixe yolks besides, and straine them all together thzough a strainer: then season it with a good handfull of sugar,



gar, and a Nutmeg beaten small. Then take a frying pan, and halfe a dish of sweet Butter, and melt it: then put your Eggs to it, set it on the fire, and with a sawcer, or with a lade, stir them till they be half baked: then put them into a platter, and all to beate them still till they be very small: then take your frying pan made cleane, and put a dish of sweet butter in it, and melt it: then put your stuffe into your pan by a spoone full at once, and when the one side is fried, turn them and fry them together: then take them out, lay them in a platter, and scrape sugar on them.

How to make a tansey in Lent.

**T**ake all manner of hearbs, and the spawne of a Pike, or of any other fish, and blanched almonds, and a few crums of bread and a little faire water and a pinte of Rosewater, and mingle altother, and make it not too thin, and frie it in in Dyle, and so serue it in.

The making of fine manchet.

**T**ake halfe a bushell of fine flower twice boulded, and a gallon of faire luke warm water, almost a handfull of white salte, & almost a pinte of yest, then temper all these together, without any more liquour, as hard as ye can handle it: then let it lie half an hower

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hower, then take it vp, and make your Man-  
chets, and let them stand almost an hower in  
the oven. Remozandum, that of euery bushel  
of meale may be made fīue and twenty cast of  
bread, and eu. rie loafe to way a pound beside  
the chesill.

The making of manchets after my  
Ladie Graies way.

Take two pecks of fine flower, which must be  
twise boulded, if you will hane your manchet  
very faire: Then lay it in a place where ye doe  
vs: to lay your dowe for your bread, and make  
a litle hole in it, and take a quart of fair water  
blood warme, and put in that water as much  
leauen as a crab, or a pretie big apple, and as  
much white salt as will into an Egshell, and  
all to breake your leuen in the water, and put  
into your flower halfe a pinte of good ale yest,  
and so stir this liquoz among a litle of your flo-  
wer, so that ye must make it but thin at the first  
meeting, and then couer it with flower, and if  
it be in the winter, ye must keep it very warm  
and in summer it shall not need so much heate,  
for in the winter it will not rise without  
warmeth. Thus let it lie two hawers and a  
halfe: then at the second opening take more li-  
quoz as ye thinke will serue to wet al the flow-  
er. Then put in a pinte and a halfe of good yest  
and



and so all to bzeake it in short peeces, after yee haue well laboured it, and wrought it fine oz fire tymes, so that yee bee sure it is thzoughlie mingled together, so continue labouring it, til it come to a smooth paste, and be well ware at the second opening that ye put not in too much liquoz sodenlie, for then it wil run & if yee take a litle it wil be stiffe, and after the second working it must lie a good quarter of an houre, and keep it warme: then take it vpto the moulding board, and with as much speede as is possible to be made, moule it vp, and set it into the oven, of one pecke of flower ye may make ten cast of *Shanbets* faire and good.

To make short cakes.

Take wheat flower, of the fairest yee can get, and put it in an earthen pot, and stop it close, and set it in an Oven and bake it, and when it is baked, it will be full of clods, and therefore ye must searse it through a searce: the flower will haue as long baking as a pastie of *Menison*. When you haue doone this, take clowted cream, oz els swete Butter, but cream is better, then take sugar, Cloves, Mace and saffron, and the yolke of an Egge, for one dozen of Cakes one yolke is enough: then put all these foresaid things together into the cream, & leper the altogether, the put the to your flower  
and

### A new booke

and so make your cakes, your paste wil be very short, therefore yee must make your cakes very litle: when yee bake your cakes, ye must bake them vpon papers, after the drawing of a batch of bread.

### How to make leauened bread.

Take five yolkes of Eggs, and a little peece of Butter as big as a Walnut, one handfull of verie fine flower, and make al these in paste, & all to beat it with a rolling pin, til it be as thin as a paper leafe, then take swete Butter and melt it, and rub ouer all your paste therewith, with a feather: then roll vp your paste softly as ye would roll vp a scroll of paper, then cut them in peeces of three inches long, and make them flat with your hands, and lay them vpon a sheet of cleane paper, and bake them in an oven or panne, but the Oven may not bee too hot, and they must bake halfe an houre, then take some swete butter and melt it, and put that into your paste when it commeth out of the Oven, and whē they are very wet, so that they be not drie, take them out of your butter, and laye the in a faire dish, and cast vpon them a little Sugar, and if you please, Cinamō and ginger, and serue them sooꝝth.

To



How to make buttered Beere..

**T**ake three pintes of Beere, put five yolkes of Egges to it, straine them together, and set it in a pewter pot to the fire, and put to it halfe a pound of Sugar, one penniworth of Nutmegs beaten, one penniworth of Cloues beaten, and a halfe penniworth of ginger beaten and when it is all in, take another pewtec pot and bze we them together, and set it to the fire againe, and when it is ready to boyle, take it from the fire, and put a Dish of sweet butter into it, and bze we them together out of one pot into another.

A Purgation.

**T**ake an ounce of Scæne, and as much of Polipody, bzuise them, and lay them in steep with a litle Anniseed, and a litle Ginger, bzuised in three partes of a pinte of white wine, so let it lie al a day or a night: then seeth it to a quarter of a pinte, and in the morning drinck it early.

Cancer, Scorpio, and Pisces: these three bee the best signes to take purgations in.

The



## The order howe all maner

of meates should be serued to the table,  
with their proper sawces both for  
flesh and fish.

### *For flesh daies at dinner.*

#### The first course.

**P**ottage or stewed broth, Boyled meate or  
stewed meat, Chickens and Bacon, Pow-  
dered Beefe, Pies Goose, Pigge, roasted Beefe,  
Roasted beale, Custard.

#### The second course.

Roasted Lambe, roasted Capons, Roasted Cor-  
nies, Chickens, Pheennes, Baked Venison,  
Tart.

#### The first course at Supper.

A Sallet, a Pigs Petitoe, powdered Beefe  
sliced, a shoulder of Mutton or a breast, Heale,  
Lambe, Custard.

#### The second course.

Capons roasted, Cornies roasted, Chickens  
roasted, Pigeons roasted, Larks roasted, a Pie  
of



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# The table of all the prin- cipall matters contained in this booke.

To boile Mutton sea-  
uen sundry waies

fol. 1

To boile mutton for a  
sick body.

2

Willes of Mutton.

3

To boile a Capon with  
Drienges after miseres  
Duffieldes way.

ib

To boile a Capon in  
white broth four ma-  
ner of waies.

3. 4.

Sops for a capon

4

Sops for Chickens.

5

To boile a mallard two  
sundry waies.

ib

To boile a Ducke.

ib

To boile Stockdones

ib

To boile a Conie with a  
pudding in his belly.

6

To boile chickens of co-  
pons.

ib

To boile chickens three  
other waies.

6. 7

For to seeth hennes and  
capons in winter in  
white broth.

ib

To boile calves feete of  
Lambes feet.

ib

To boile a tripe.

ib

To boile tripes, pigs pe-  
titoes, or Neats feete.

8

To boile pigs petitoes  
another way.

ib

To boile chickens after  
the French.

ib

To boile tripes after the  
fashion.

ib

How to make Longwoits

ib

Triped mutton.

ib

To boile a Lambes head  
and purtenance.

ib

To boile quailles.

9

To sinere a Conie.

ib

For to make Hodgepat e  
two waies.

ib

To boile a bratone.

ib

To make a good white  
broth.

10

Howe to make facts of  
portingale.

ib

Howe to make fykes of  
portingale.

ib

How to make Frenche  
pottage.

ib

To make fine pap.

11

A broth for a weak body

ib

A good way to powder  
of barrell beefe.

ib

# The Table.

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 ther for fleshy of 1b. 12.  
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 To stue a Neats foot. 1b.  
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## The Table.

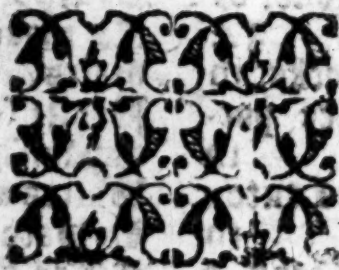
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FINIS.



P



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kerie, *with many profitable and wholsome*  
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